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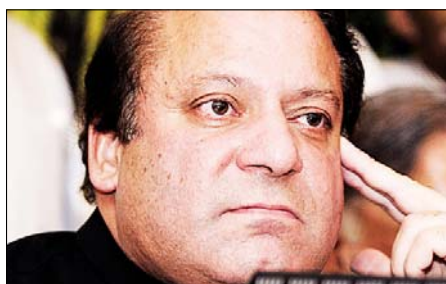
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Tuesday



Ex-Pakistani PM Nawaz Sharif quit the ruling party.

Coalition Splits: Pakistan's ruling party ends alliance | **7**

Cow Compass: Study finds cattle have sense of direction | **5**



Last Chance: Federer tries to save his year at the U.S. Open | **14**

ENTERTAINMENT

Clued In: *Emily Deschanel* and 'Bones' jaunt to Britain. Plus, 'American Idol' gets a fourth judge.

>> 17-22



Russians Urge Recognition of Rebel Regions



TORN APART: A woman looks at part of a tank hurled into a building in Tskhinvali, South Ossetia, Monday. Russia's parliament voted to urge President Dmitry Medvedev to recognize the independence of Georgia's breakaway regions, South Ossetia and Abkhazia. **Warning:** U.S. responds to vote | **Page 7**

Dems Craft Deal on Roll Call

As convention opens, party tries to quell lingering animosity

DENVER | Democrats opened their national convention on Monday, seeking peace in the family as they pursue victory in the fall for Barack Obama and his historic quest for the White House.

Yet the opening gavel fell with Obama and Hillary Rodham Clinton still struggling to work out the choreography for the formal roll call of the states that will make him — a 47-year-old senator bidding to become the first black president — the party nominee.

"There is no doubt in anyone's mind that this is Barack Obama's convention," the former first lady said. And yet, she said, some of her delegates "feel an obligation to the people who



HIGHLIGHTS

→ **Michelle Obama's speech and Ted Kennedy's appearance at the DNC occurred after deadline.** See | **Today's Post, A1**

sent them here" and would vote for her.

Many Clinton backers said they were not interested in compromise and wanted a prime-time celebration of Clinton's nomination fight.

Democratic officials involved in the negotiations said the deal would let a few states cast votes for Clinton before a move to declare Obama the nominee by acclamation.

The voting could end with New York, when Clinton herself would call for the unanimous nomination of Obama from the convention floor. (AP)



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TUESDAY
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WEDNESDAY
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THURSDAY
78 | 67

TODAY: Partly sunny and very comfortable; a partly cloudy evening | **34**

eyeOpeners

MODERN LIFE

Domesticated Animal Would Perish in Wild

A 15-pound cockapoo (a cocker spaniel-poodle mix) named Pawlee scared off a mother bear and her two cubs Sunday morning after they strayed into his owners' backyard in Wyckoff, N.J. "We had just let him out for the morning, and he ran into the yard and started barking his head off," owner Fran Osiason said. Bears are not uncommon in Wyckoff, but Osiason said her family has lived there for about 10 years and had not seen any until Sunday. Osiason said she, her son, her husband, Andrew, and her daughter Eden, 6, have had Pawlee since he was about 8 weeks old. She marveled at his fearlessness. "He's a little fur ball," she said. (AP)



VINTAGE

Bomb Squad Haggles For Antique C-4

Auctioneers preparing for a backyard estate sale in Mayflower, Ark., Saturday morning made an explosive discovery—a suitcase full of military-grade explosives. The rusted, padlocked suitcase sat alongside a porcelain coffee service set and decorative enamel-finished eggs. Auctioneers opened the suitcase just before the sale on Saturday and found three blocks of military-grade C-4 plastic explosive, two tubes of a similar plastic explosive, a blasting cap and some dynamite. The items at the estate sale belonged to a Navy veteran who recently died. (AP)



BEN STANSALL/AP/GETTY IMAGES

SPORTS

Olympic Replacement Therapy

The Olympics are over, but the World Bog Snorkelling Championships were just beginning Monday in Llanwrtyd Well, Wales. Thanks to Llanwrtyd-wells.powys.org.uk/bog.html, we know the sport involves competitors completing two lengths of a 60-yard trench cut through a peat bog in the least time possible, wearing snorkels and flippers. (EXPRESS)

YOUTUBE

Populist Medium Wrecks Another Life

Kansas' Fort Hays State University has fired its debate coach for losing

his temper at a tournament and engaging in a videotaped shouting match (to appear on YouTube later) that included pulling down his shorts to expose his underwear. University President Edward Hammond also announced

Friday that the school was immediately suspending its debate program until problems are addressed at the national level. He said it was important to take a stand against the declining standards of college debate. (AP)

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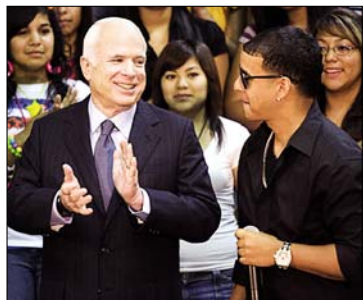
"I'm Hillary Clinton, and I do not approve this message. ... Let there be no mistake about it. We are united."

—Hillary Clinton, dismissing television ads that show her criticizing Barack Obama

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM



TOM TINGLE/AP

ENDORSEMENTS

The Daddy Yankee Vote

The high school girls standing on the risers behind Sen. John McCain looked like any high school girls would during a talk by someone Paris Hilton might describe as "a white-haired dude." They clapped politely.

And then, when McCain introduced his special guest, they freaked out. They gasped. They put their hands over their mouths. They screamed.

Daddy Yankee, one of the country's top Latino music stars, strode out, wearing mirrored sunglasses. A Puerto Rican reggaeton recording artist, he appeared next to McCain to endorse the Republican nominee and perhaps give him a boost with Hispanic voters.

McCain stood with Yankee in a downtown Phoenix high school that his wife, Cindy McCain, had attended as the Democratic Party opened the first day of its national convention.

MICHAEL D. SHEAR

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For extended analysis and up-to-the-minute updates from the campaign trail, visit blog.washingtonpost.com/the-trail

Obama Plans to Tone Down Oratory

Senator says he will lay out economic plan in acceptance speech

DAVENPORT, IOWA | Barack Obama said Monday he will not be "aiming for a lot of high rhetoric" in his speech accepting the Democratic presidential nomination Thursday night.

At the same time, he said he'd spoken to former president Bill Clinton about the speech Clinton will give Wednesday night, saying

he told Clinton he could talk about anything he likes.

"Bill Clinton knows a little bit about trying to yank the economy out of the doldrums," Obama said. "It wouldn't make sense for me to want to edit his remarks."

Obama also said that his two major goals for the convention are to draw a sharp contrast with Republican Sen. John McCain on economic issues and to help voters get to know him better.

"During the course of a 19-month campaign, I think that you're on



ALEX BRANDON/AP

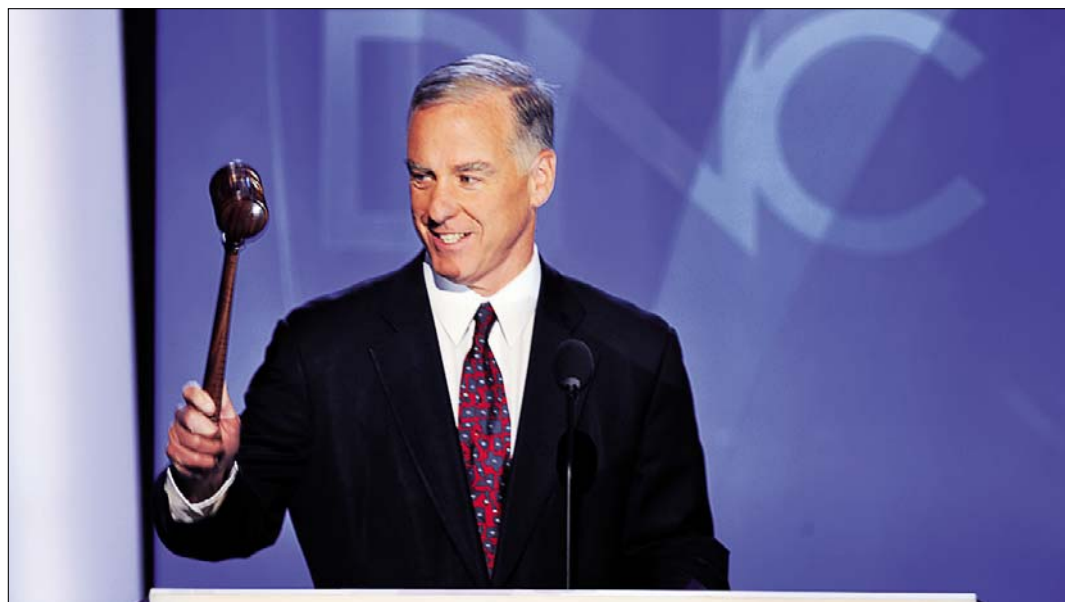
Sen. Obama will become the first black presidential nominee on Thursday.

the television screen, you're in big auditoriums, but sometimes who you are may get lost," the Illinois senator said. He said he expects his acceptance speech Thursday to be something more "workmanlike" than the soaring oratory that catapulted him to the national stage at the 2004 convention in Boston.

"I'm not aiming for a lot of high rhetoric," Obama said, adding that he would use his speech to help voters understand what he planned to do to improve the economy.

BETH FOUHY (AP)

DENVER | DEAN STARTS THE CONVENTION



PAUL J. RICHARDS/AFP/GETTY IMAGES

FIRST UP: Howard Dean, chairman of the Democratic National Committee, gavels in the opening of the Democratic National Convention at 3 p.m. Mountain Time in the Pepsi Center Monday. "We are ready to compete in all 50 states in November," Dean said in his opening remarks. "It is the Democratic Party that can effect the change America needs."

Warner Says Keynote Address Will Be Bipartisan

RICHMOND, VA. | Former Virginia governor Mark Warner plans to offer a lesson in Virginia-style bipartisanism to thousands of hardcore Democrats Tuesday in his Democratic Convention keynote speech.

"There may be parts of the speech that aren't going to get a lot of applause, but I've got to say what I believe will get our country back on the right path," Warner said. Running for the seat of retiring Republican Sen. John W. Warner, Mark Warner is appealing to independent and even Republican voters by billing himself as a "radical centrist" in his campaign against conservative former governor Jim Gilmore. (AP)

Allergies?

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Nation



MISSION ABROAD: President Bush is dispatching Vice President Dick Cheney to Georgia, setting up a diplomatic mission to an ally reeling from war. The White House announced Monday that Cheney will head abroad on Sept. 2 for stops in Azerbaijan, Georgia and Ukraine.

McCain May Aim To Counter Biden

GOP hopeful may look for someone who can take on Obama's VP

DENVER | Barack Obama's choice of Sen. Joe Biden as a running mate sets the bar for John McCain. The Republican could use his own pugnacious No. 2 to deliver attack lines and a solid debate performance.

The GOP nominee-in-waiting is in the final stages of deciding who should join him on the ticket, and Obama's selection of Biden — a savvy debater, willing attack dog and blue-collar champion — is certain to figure into McCain's calculation.

His short list of contenders reportedly includes former Massachusetts governor Mitt Romney and Minnesota Gov. Tim Pawlenty, as well as former Pennsylvania governor Tom Ridge and, perhaps, Democrat-turned-independent Sen. Joe Lieberman of Connecticut.

"Obama has picked someone who is going to be very aggressive in going after McCain," said Steve Elmendorf, a deputy campaign manager for Democrat John



Gov. Tim Pawlenty is among the possible VP options for Sen. John McCain.

Kerry in 2004. "If I was McCain, I'd be thinking about my own attack dog."

McCain has several options to offset Biden's strengths, both in terms of states and demographics. He could put Ridge, who backs abortion rights and connects with the working class, on the ticket. Or he could choose Romney to try to help in Michigan, where he has deep ties.

Pawlenty might be able to help in Minnesota, but Republicans say the state will be tough for McCain to win. LIZ SIDOTI (AP)

NEW YORK | PROTESTERS RETURN FROM BEIJING



PRISON GAMES: Michael Liss, one of eight Americans jailed by the Chinese for protesting during the Olympics, speaks to the media on Monday. The protesters said they were held in cells in China and allowed to leave only for interrogations. The activists were sent home late Sunday during the closing ceremony. Some were activists and artists who demonstrated against China's occupation of Tibet; others were bloggers who photographed the protests.

Ark. to Vote on Gay Adoption Ban

LITTLE ROCK, ARK. | A proposal aimed at effectively banning gays and lesbians from becoming foster or adoptive parents was cleared Monday to appear on this fall's ballot in Arkansas.

The measure would prohibit

unmarried couples living together from fostering or adopting children, and Arkansas doesn't allow gays to marry or recognize gay marriages conducted elsewhere.

Secretary of State Charlie Daniels certified the proposed initiated

act for the Nov. 4 ballot after verifying that the Arkansas Family Council Action Committee had submitted enough valid signatures.

The campaign is a response to a 2006 Arkansas Supreme Court decision striking down a state policy that banned gays and lesbians from becoming foster parents. (AP)

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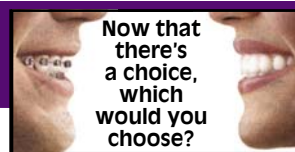
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Nation



Researchers looked for grazing patterns in cattle from satellite photos.

Scientists: Cows Have A Compass

Animals tend to point their bodies north, south when grazing

WASHINGTON | Somehow, cattle seem to know how to find north and south, say researchers who studied satellite photos of thousands of cows around the world.

Most cattle that were grazing or resting tended to align their bodies in a north-south direction, a team of researchers reported in Tuesday's issue of Proceedings of the National Academy of Sciences.

And the finding held true regardless of what continent the cattle were on, according to the study led by Hynek Burda and Sabine Begall of the faculty of biology at the University of Duisburg-Essen in Germany.

"The magnetic field of the Earth has to be considered as a factor," the scientists said.

This challenges scientists to find out why and how these animals align to the magnetic field, Begall said.

In the study, 60 percent to 70 percent of cattle were oriented north-south, which Begall termed a "highly significant deviation from random distribution."

"This is a surprising discovery," said Kenneth J. Lohmann of the University of North Carolina. "Nothing like this has been observed before in cattle or in any large animal." RANDOLPH E. SCHMID (AP)

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Harrold, Texas, school Superintendent David Thweatt said his district's policy allowing employees to carry concealed weapons will better protect students.

Back to School With Guns Ready

Texas district plans to let teachers carry concealed weapons

HARROLD, TEXAS | A tiny Texas school district will allow teachers and staff members to carry concealed firearms to protect against school shootings when classes begin this month, provided the gun-toting employees follow certain requirements.

The small community of Harrold in north Texas is a 30-minute drive from the Wilbarger County Sheriff's Office, leaving students and teachers without protection, said David Thweatt, superintendent of the Harrold Independent School District. The lone campus of the 110-student district sits near a heavily traveled highway, which could make it a target, he argued.

"When the federal government started making schools gun-free zones, that's when all of these shootings started. Why would you put it out there that a group of people can't defend themselves? That's like saying 'sic 'em' to a dog," Thweatt said in a story published Friday on the Fort Worth Star-Telegram's Web site.

Ken Trump, a Cleveland-based school security expert who advises districts nationwide, said Harrold is the first district with such a policy.

Trustees approved the policy change last year. For employees to carry a pistol, they must have a Texas license to carry a concealed

A school security expert says Harrold is the first district to approve such a gun policy.

handgun; must be authorized to carry a handgun by the district; must receive training in crisis management and hostile situations; and must carry special ammunition designed to minimize the risk of ricocheting bullets.

It isn't clear how many of the 50 or so teachers and staff members in the school district will be armed this fall, because Thweatt did not disclose that information, to keep it from students or potential attackers. (AP)



"I think it's extremely important just to keep making forward progress, rather than trying prematurely to come to some set of conclusions."

—Condoleezza Rice, secretary of state, on Israeli-Palestinian peace talks in Jerusalem on Monday.

World

Pakistan's Ruling Coalition Splits

Former PM Sharif quits alliance, giving Zardari more power

ISLAMABAD, PAKISTAN | The ruling coalition that just a week ago drove U.S. ally Pervez Musharraf from the presidency broke apart Monday, throwing Pakistan into political turmoil just as it faces an increasingly difficult fight against Islamic militants.

The collapse of the fragile alliance threw more power to Asif Ali Zardari, the widower of assassinat-

ed ex-leader Benazir Bhutto and a corruption-tainted former polo player who now becomes the front-runner to replace Musharraf.

Fulfilling a threat he made last week, former prime minister Nawaz Sharif pulled his party out of the coalition after a dispute with Zardari over whether to restore the chief justice of the Supreme Court, Iftikhar Mohammed Chaudry, who Musharraf ousted.

There was concern within Bhutto's party, the Pakistan People's Party, that such a restoration would lead to the prosecution of



Ex-Pakistani PM Nawaz Sharif speaks after quitting the coalition on Monday.

Musharraf — and perhaps even Zardari — and that a fight would weaken the government's ability to fight militants.

Sharif's withdrawal will cost Zardari and the PPP their majority in parliament. But Zardari is expected to rally support from allies and form a new government with the help of small parties.

And if he does that and wins the presidency Sept. 6 in a vote by lawmakers, as he is on course to do, Zardari would add to his powers and be in a position to create a more stable government. ASIF SHAHZAD (AP)



South Ossetians celebrate Russians' vote to back their sovereignty Monday.

Russians Back Rebel Regions

Lawmakers pressure Kremlin to recognize zones' independence

TBILISI, GEORGIA | Russian lawmakers on Monday urged the Kremlin to recognize the independence of two separatist Georgian regions, heightening tensions with Georgia where the government said hundreds of Russian soldiers remained at checkpoints.

Russian President Dmitry Medvedev did not immediately respond to the unanimous votes in both houses of Russia's parliament, but he has said Moscow would support whatever choice the people of Abkhazia and South Ossetia make about their future status.

Western countries warned Moscow that recognizing the breakaway regions of Georgia, an allied nation pressing for NATO membership, would prompt international denunciation. The U.S. said Russian recognition "would be unacceptable."

But Medvedev signaled the criticism was of little concern to the Kremlin.

NATO needs Russia more than Russia needs NATO, Medvedev said, and it would be "nothing frightening" if the Western alliance were to sever all ties. NATO has suspended operations of the NATO-Russia Council over the Georgia crisis, which has broadened Europe's post-Cold War fault lines.

JIM HEINTZ AND MANSUR MIROVALEV (AP)

In Brief

SANTIAGO, CHILE Bachelet Urges Senate To Pass Equal-Pay Bill

President Michelle Bachelet is urging the Chilean senate to pass a bill to equalize wages between



Bachelet

men and women. Women make up 40 percent Chile's 6.7 million workers. A 2006 survey says they earn only 72 percent of what men make

doing the same work. The equal-pay measure has been pending before the Senate since 2006. Bachelet is raising the issue to coincide with an international conference on equality. (AP)

BEIJING China Opens Registration For Quake Orphan Adoptions

Chinese authorities began processing registrations Monday to adopt children orphaned after a massive earthquake struck central China this year, state media reported. Eighty-eight orphans have been deemed eligible for adoption from Sichuan province, the China News Service said. The children are among the survivors of China's worst natural disaster in a generation — the May 12 quake that killed 70,000 people and left 5 million homeless. There were 532 children left unaccompanied after the quake, the report said. (AP)

WEST BANK | PALESTINIANS WELCOME FREED PRISONER



FESTIVE HOMECOMING: Palestinians carry Said al-Atba through Nablus, West Bank, on Monday after Israel released al-Atba and 197 other Palestinian prisoners in a gesture aimed at reviving stalled Mideast peace talks. Al-Atba, 57, the longest-held Palestinian inmate in Israel, served 31 years of a life sentence for masterminding a 1977 market bombing.

Sudanese Forces Raid Darfur Camp

KHARTOUM, SUDAN | Sudanese government forces attacked one of Darfur's largest refugee camps at dawn Monday, killing dozens of civilians, according to rebels and a witness in the camp.

Sudan's military acknowledged the raid but said soldiers were searching for smuggled weapons

and put the number of casualties at 12, including five soldiers.

The United Nations said it was "gravely concerned" about the situation inside the Kalma camp in southern Darfur after it received reports that Sudanese police surrounded it and caused "injuries and deaths of civilians."

The U.N. did not provide a death toll. But a resident of the camp, Mandela Abdullah Mohammed, told The Associated Press by telephone that he counted 32 dead bodies.

More than 50 vehicles "packed with armed men wearing police and security forces' uniforms ... hit us with rocket-propelled grenades and machine guns," Mohammed said. MOHAMED OSMAN (AP)

World



PRIME MUSICIAN: His days as a cruise ship crooner are long over, but Silvio Berlusconi has not forgotten his love of music. According to a Rome daily newspaper Monday, the Italian premier is co-writing a CD of love songs with a Neapolitan singer. Berlusconi, 71, already co-wrote an album of Neapolitan ballads in 2003.

Iraqi PM Insists On Pullout Date

Al-Maliki demands specific 2011 plan for foreign troops to leave

BAGHDAD | Prime Minister Nouri al-Maliki dug in his heels Monday on the future of the U.S. military in Iraq, insisting that all foreign soldiers leave the country by a specific date in 2011 and rejecting legal immunity for American troops.

Despite the tough words, al-Maliki's aides insisted a compromise could be found on the two main stumbling blocks to an accord governing the U.S. military presence in Iraq after a United Nations mandate expires at the end of the year.

Last week, U.S. and Iraqi officials said the two sides agreed tentatively to a plan that includes a broad troop pullout by the end of 2011, with the possibility that a residual U.S. force might stay behind to con-

tinue assisting Iraqi security.

But al-Maliki's remarks indicated he was not satisfied with that plan.

"There can be no treaty or agreement except on the basis of Iraq's

“There can be no treaty or agreement except on the basis of Iraq's full sovereignty.”

NOURI AL-MALIKI

full sovereignty,” al-Maliki told a gathering of Shiite tribal sheiks.

Al-Maliki said the U.S. and Iraq had already agreed on a full withdrawal of all foreign troops by the end of 2011 — an interpretation that the White House disputed. **QASSIM**

ABDUL-ZAHRA AND ROBERT H. REID (AP)

Video Shows Alleged Teen Bomber

Iraqi police release footage amid concern about female attackers

BAGHDAD | In video footage released by Iraqi police, a teenage girl with an explosives vest tightly strapped to her body is seen handcuffed to a metal grid, her head repeatedly falling forward as several policemen huddle around her.

After several minutes, the officers lift her flowered robe, remove the white vest hidden underneath and then take her for questioning, videotaping her in the presence of reporters. They prod her to confess to plans to stage a suicide attack, but she denies the allegation.

The arrest of the girl, who gave her first name as Rania, heightened concern about a rise in suicide bombings by women in Iraq. The number of female bombers has more than tripled this year, from eight in 2007 to 29 this year, according to U.S. military officials.

Police in Baqouba, where the



Iraqi police examine a teenage girl they suspect of being a suicide bomber in Baqouba, Iraq, on Sunday. The girl was wearing an explosives vest under her robe.

girl was caught Sunday, said she told them she was fitted with the explosives by female relatives of her husband, whom she married five months ago. One police official alleged that some in the girl's family had links to the al-Qaeda in Iraq terror network.

In displaying the dazed teenager — who says she was born in 1993 — police wanted to “show the desperate level al-Qaeda has reached, with members of one family driving each other to death,” said Ibrahim Bajilan, head of the provincial council in Diyala. **KARIN LAUB (AP)**



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The number, in millions, of documents on the Nazis' slave labor program that have been digitized by a major archive of World War II-era documents in Bad Arolsen, Germany.

World

Mugabe Rival Wins Vote

Zimbabwe opposition figure gets parliament speaker job in surprise

HARARE, ZIMBABWE | Zimbabwe's main opposition party won the top job in parliament Monday, scoring a surprise victory that could give President Robert Mugabe's foes leverage in power-sharing talks.

It is the first time since Zimbabwe gained independence in 1980 that the speaker's post has not been held by an ally of Mugabe.

The result indicated that some members of the ruling party may have secretly voted for Moyo.

The election of Lovemore Moyo of the Movement for Democratic Change on a 110-98 vote brought cheers, with opposition legislators breaking into a song declaring "ZANU-PF is finished!" The result indicated that some members of the



Movement for Democratic Change members carry Lovemore Moyo after he was elected the speaker of Zimbabwe's parliament in Harare, Zimbabwe, on Monday.

ruling Zimbabwe African National Union-Patriotic Front may have voted for Moyo in the secret ballot.

Mugabe's party had held a parliamentary majority since independence, but after March elections it had 99 seats in the 210-seat legislature; the Movement for Democratic Change held 100. A splinter opposition party has 10 seats and an independent one.

ZANU-PF had been expected to

retain the speakership in a body that long had been a rubber stamp for Mugabe's policies, but it surprised many by not putting up a candidate.

"The figures were against us," said ruling party legislator Walter Mzembe. He said ZANU-PF lawmakers were instructed to vote for Paul Themba-Nyathi, a leader of the splinter opposition faction, but the total for Moyo showed some backed him.

ANGUS SHAW (AP)

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This information is based on the new book—The 7 Principles of Fat Burning by Eric Berg DC, which will be in bookstores January 2008.

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Money



GUNN DEAL: Fashion mentor Tim Gunn of reality TV's "Project Runway" is part of a \$60 million marketing campaign by Procter & Gamble Co. to link their new "Total Care" laundry products to high fashion. The campaign will also feature ads in fashion magazines.

Buyers Snap Up Discounted Houses

Existing home sales surpass expectations, but bust isn't over yet

WASHINGTON | Sales of existing homes rose in July, surpassing expectations, as buyers snapped up deeply discounted properties in parts of the country hit hardest by the housing bust.

However, the number of unsold properties hit an all-time high, the latest indication that the worst housing slump in decades is far from over. Prices nationwide are not expected to hit bottom until early next year.

The National Association of Realtors reported Monday that sales rose 3.1 percent to a seasonally adjusted annual rate of 5 million units, up from June's downwardly revised rate of 4.85 million units. Sales had been expected to rise by only 1.6 percent, according to economists surveyed by Thomson/IFR.

"The process of a recovery has begun," said Joel Naroff, president



Sales of existing homes rose 3.1 percent in July as homebuyers took advantage of discounted properties in parts of the country hit hardest by the mortgage crisis.

of Naroff Economic Advisors. "It's not going to be short and swift, but it's begun nonetheless."

Home sales were about 13 percent lower than a year ago, and prices were down dramatically. The

median price for a home sold in July dropped to \$212,000, down by 7.1 percent from a year ago.

Despite the third monthly sales increase this year, the number of unsold single-family homes and

condominiums rose to 4.67 million, the highest number since 1968, when the Realtors group started tracking the data.

"The process of recovery has begun. It's not going to be short and swift."

JOEL NAROFF, ECONOMIC ADVISOR

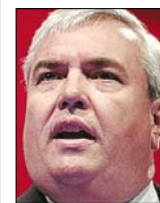
Until inventory is reduced to more normal levels, analysts say, the housing slump is likely to persist. The inventory level is being driven higher by a massive wave of mortgage foreclosures.

While buyers are pouncing on lower prices, sales are sluggish in formerly stable states like Texas.

"People are responding to lower prices," Yun said, but there is "too much uncertainty" about the housing market's future to mark a definite bottom. ALAN ZIBEL (AP)

Post Office Chief Says \$2B Loss Is Likely This Year

ST. LOUIS | The U.S. Postal Service could lose about \$2 billion this year due to tough economic times, and it needs to change to meet the demands of the public, Postmaster General John Potter said Monday.



Potter

Potter told the National Association of Postmasters of the United States at their convention in St. Louis that the postal service is grappling

with issues that many businesses are facing — like how to handle high fuel prices.

Potter said more needs to be done to reduce bureaucracy, cut costs and embrace technology.

"We're probably going to lose somewhere in the neighborhood of \$2 billion this year," he said. "If we don't act, we'll lose \$2 billion or more the following year." (AP)

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Local



Monica Wright instructs her pre-kindergarten students about how to use a drinking fountain at Langley Park-McCormick Elementary School in Langley Park, Md. About 130,000 children returned to school in Prince George's County on Monday.

Area Kids Back in School

DCPS open on time after modernization projects in buildings

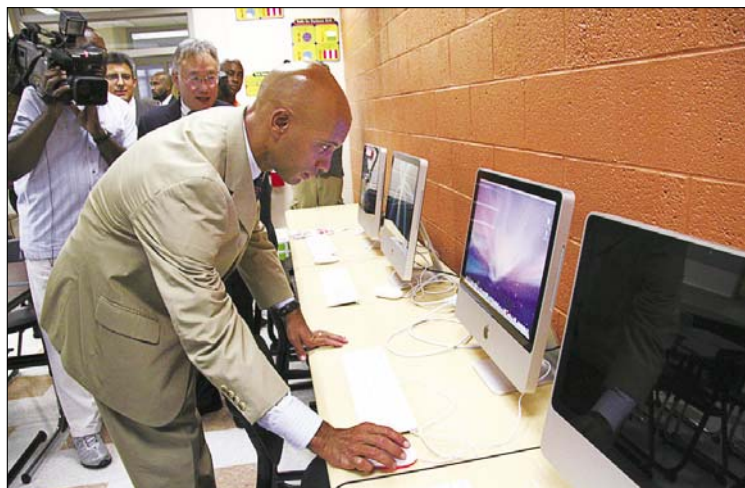
More than 300,000 public school students in the District and Maryland headed back to school Monday with a mix of excitement and trepidation.

In the District, where an ambitious summertime modernization project had crews scrambling to complete their work, officials said the system's 123 schools were ready for the estimated 50,000 students who started classes.

Mayor Adrian M. Fenty and Schools Chancellor Michelle A. Rhee opened the year at the newly-renovated John Philip Sousa Junior High School in Southeast. Inside, a strong smell of paint and varnish filled the hallways.

"We're thrilled to have kids in ... positive learning environments for this first day of school," Rhee said.

In Maryland, Prince George's County schools also opened Monday with about 130,000 students beginning classes. Montgomery County schools begin Tuesday. Virginia districts — including Fairfax, Arlington, Loudoun counties and



D.C. Mayor Adrian Fenty uses one of Sousa Junior High's new Macs Monday, as part of the unveiling of the renovated facility with Schools Chancellor Michelle Rhee.

Alexandria — open Sept. 2.

For students, the start of the school year will bring some changes. In Maryland, this year's senior class is the first group of students who must pass end-of-course assessments in algebra, biology, English 2 and government, or complete an alternative course of academic validation the state calls a "bridge plan" in order to receive a high school diploma.

District students at some schools were greeted by new staff members and revamped buildings. In her first year as chancellor, Rhee

has replaced more than 40 principals and assistant principals and dismissed 98 central office employees.

In June, Rhee closed 23 schools because of low enrollment and designated 28 others to receive thousands of children from the shuttered buildings. Some schools needed extensive renovation to accommodate pre-kindergarten and kindergarten students, but there were concerns the fixes might not be completed in time for opening day. V. DION HAYNES, NELSON HERNANDEZ AND MARIA GLOD (THE WASHINGTON POST)

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Local

Md. Lt. Gov.'s Kin Killed in Shooting

ROCKVILLE, MD. | Lt. Gov. Anthony Brown's cousin was fatally shot in the garage of her Montgomery Village home Saturday night by an estranged boyfriend, who was killed by police, authorities said Monday.

Brown learned about Catherine Brown's death shortly after arriving in Denver on Sunday afternoon for the Democratic National Convention, he said in a statement.

"I will be traveling back to Maryland immediately to be with my family during this difficult time," Brown said. "I leave my fellow delegates with a heavy heart, and I ask that everyone keep my family in their prayers."

The shooting happened shortly after 10:30 p.m. Saturday, police said. Preliminary autopsy results indicated that the cause of Brown's

death was a single gunshot wound. Detectives have confirmed that her ex-boyfriend, Michael Keith Wilson, of Hagerstown, shot her.



Brown

Wilson was shot multiple times by police, authorities said. The number of shots fired by police and whether by one or both officers is still under investigation. The two officers have been placed on routine administrative leave for an investigation.

Wilson was a private security guard at the Washington National Cathedral. Brown was a teacher at the Beauvoir School on the cathedral grounds. (AP)

IN The Washington Post | NO PLACE LIKE HOME



KATHERINE FREY/TWP

WALK-THROUGH: Gary Konkell, left, of Willow Pond Homes Inc. shows off the master bathroom of a mobile home to Joe Ruddy on Aug. 3. in Leesburg, Va. The eco-friendly houses go for a fraction of the price of other homes in the area.

❖ **No qualms:** Buyers turn to factory homes in down market. | **Today's Metro**

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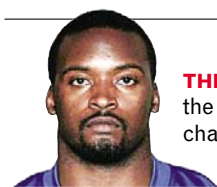
MARYLAND

Mid-day Pick 3 **8-0-2**
 Mid-day Pick 4 **3-2-3-7**

VIRGINIA

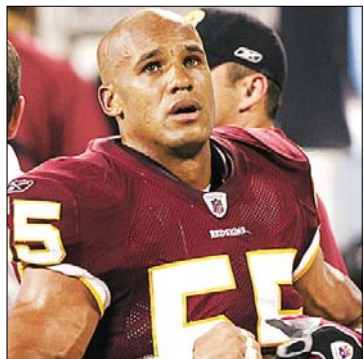
Mid-day Pick 3 **4-7-2**
 Evening Pick 3 (Sun.) **5-0-1**
 Mid-day Pick 4 **4-5-8-9**
 Evening Pick 4 (Sun.) **0-0-9-4**
 Mid-day Cash 5 **9-17-20-21-26**
 Evening Cash 5 (Sun.) **21-24-26-28-33**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.



THE REPLACEMENTS: The Giants moved Mathias Kiwanuka back to defensive end to replace the injured Osi Umenyiora, a decision that decreases the already slim chances of the Super Bowl champs' needing to make a push to get seven-time Pro Bowler Michael Strahan out of retirement.

Sports



Jason Taylor is carted off the field after injuring his knee against the Panthers.

DE Taylor Hopes to Play Week 1

Redskins' new star hasn't missed a start in 130 straight games

REDSKINS | Jason Taylor sported a big black brace on his right knee and the type of attitude he hopes will keep his consecutive games streak alive.

"I have been a quick healer in the past," the Washington Redskins defensive end said Monday. "People think I'm old. I'm not that old yet, so, hopefully, those healing cells are still in there."

Taylor sprained his knee in the second quarter of Saturday night's 47-3 loss to the Carolina Panthers. The Redskins estimate he'll be sidelined 10 to 14 days, which gives him a shot at returning for the Thursday night NFL opener Sept. 4 against the New York Giants.

"I have every reason to believe he's going to be there, so my cup's half-full," coach Jim Zorn said. "But it's only half-full, because there's a chance he could miss the first one."

Taylor hasn't missed a game since 1999. His streak of 130 consecutive regular-season starts ranks seventh among active players. He has played with various injuries, including a broken arm.

"To be able to play through those things and show up on Sunday is something I take pride in," Taylor said. "But some things are out of your control, too."

JOSEPH WHITE (AP)

'Soft' Line Gets Shot at Redemption

Redskins coach will play offensive starters in the preseason finale

REDSKINS | The offensive coach's idea of punishment? Make the starters play. The defensive coach's idea of punishment? Don't let the starters play.

The 47-3 whipping laid on the Washington Redskins by the Carolina Panthers not only made everyone more humble when practice resumed Monday — it also produced two divergent methods of dealing with it.

Coach Jim Zorn, who had planned on not using his offensive starters in the final preseason game Thursday against the Jacksonville Jaguars, has changed his mind and will have them play probably one series so they won't go into the regular season on such a bad note.

Defensive coordinator Greg Blache thinks otherwise. He wants his players to stew over the egg they laid Saturday night in Charlotte, where his first-teamers allowed 31 second-quarter points.

But the offense could really use a confidence-booster. The line's play



Offensive line coach Joe Bugel works with his players during Saturday's game, when they gave up 31 points in the second quarter.

A Changed Man

→ Gregg Williams, who comes back to Washington with the Jaguars this week, will always be connected to the Redskins through the team he built and the tragedy of Sean Taylor. | **Today, Sports**

IN The Washington Post

was particularly troubling, with four sacks allowed in the first half, and the collective poor play wasn't easy

to diagnose.

"I think it's good to go back out there," Chris Samuels said, "so we can just wash that out of our memory."

Are the linemen getting too old? Are they still having trouble learning Zorn's new West Coast passing scheme? Were they affected by the sad news last week that the daughter of position coach Joe Bugel had died of cancer? Did they just have an

off night? Zorn, using a word that would make any lineman cringe, said the pass blocking was "soft."

The starting five is a proud veteran group — all are in their 30s — and they gave no excuses Monday after a chewing-out session from Bugel.

"You could call it humble pie," Jon Jansen said. "You can't print what I'd call it. I think maybe it's a gut check for us." JOSEPH WHITE (AP)

For Ravens, QB Is a Healthy Concern

Recovery time from ailments might settle Boller-Smith duel

RAVENS | The Baltimore Ravens' quarterback competition might be decided by default. With Troy Smith out with a viral illness and Kyle Boller nursing a sore shoulder, the first one to get healthy could be considered the winner of this tepid duel.

Less than two weeks before the start of the season, the Ravens still have no idea who will start at quarterback in the Sept. 7 opener against Cincinnati. It is hardly an ideal scenario for a team operating under a first-year head coach and with a new offensive coordinator.

"It's weird how things work, coming right into the season and



Troy Smith, left, had swollen tonsils and couldn't play Saturday against the Rams.

having two of the three guys battling different [ailments]," tight end Todd Heap said. "But we still have a couple weeks before we really

need to go."

When coach John Harbaugh began his first training camp, he told Boller, Smith and top draft

pick Joe Flacco that the one who performed best in practice and in the preseason would get the job. Smith and Boller separated themselves from the rookie after the first two exhibition games, but neither veteran was healthy enough to play Saturday against the St. Louis Rams.

So, Flacco took all the snaps in a 24-10 defeat that did little to clarify the muddled mess. Baltimore can only hope one quarterback will distinguish himself in the preseason finale Thursday against Atlanta.

"It's a unique situation we have here. We have three guys, three young guys, that are battling for a position that will determine how far we will go in this season," wide receiver Derrick Mason said Monday. "All three of them are still in the bag right now, and I guess after this game we'll empty the bag and see who is the starting quarterback."

DAVID GINSBURG (AP)

Sports



"It was actually moving. You could see the grass going up and down. It was actually there, and we were trying to find it, but we couldn't." — **Golfer Sergio Garcia** had a "Caddyshack" moment, getting a free drop because of a burrowing mole at the Barclays on Sunday.

Federer Gets Last Shot at a Slam

World's former No. 1 has taken a backseat to Nadal so far this year

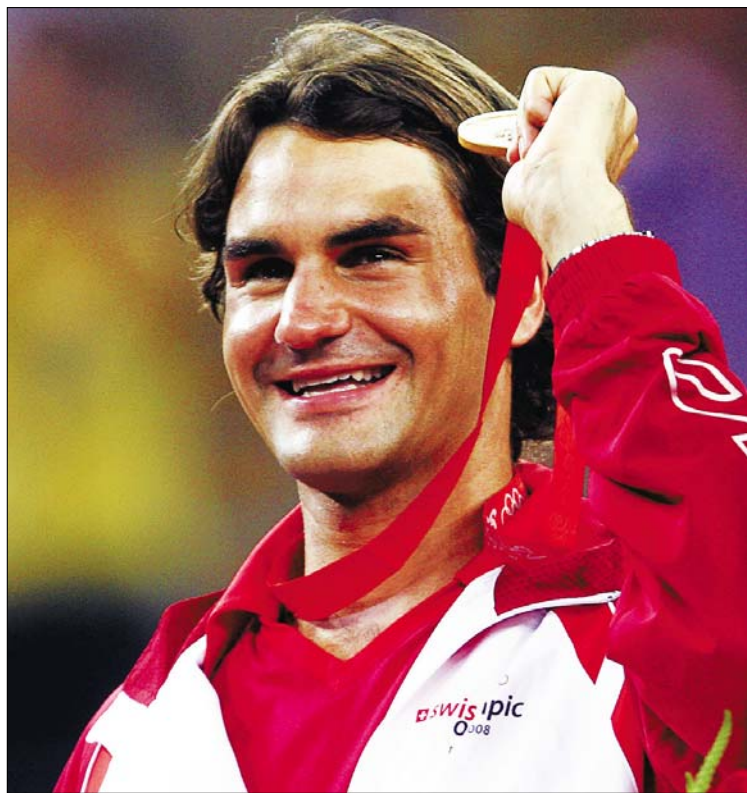
TENNIS | His Wimbledon reign and No. 1 ranking surrendered, Roger Federer has one trump card left in his competition with Rafael Nadal: four straight U.S. Open titles.

He figures that counts for something as he prepares to start the year's final Grand Slam Tuesday.

"I still believe it's an advantage if you know how to win a U.S. Open," said Federer, shut out so far this year on the game's biggest stages. "It's a tough tournament to win."

There were questions during media day Saturday about a "different" Federer and whether Nadal was a clear favorite even though the Spaniard has never been past the quarterfinals here.

That's what happens when you've beaten your rival in two Grand Slam finals this year and won an Olympic gold medal that both players flew



Roger Federer won Olympic gold in doubles, the highlight of an otherwise disappointing year in which he has failed to win a Grand Slam and fell to No. 2 in the rankings.

halfway around the world to pursue just two weeks before the Open.

Nadal dismissed talk of a changing landscape and more pressure accompanying his rise to the top.

"The goal is still the same and the pressure is still the same," said Nadal, who opens Monday against qualifier Bjorn Phau of Germany in Arthur Ashe Stadium. "The goal is to continue to improve my tennis and to continue playing a very good tournament."

Federer didn't seem too disappointed to hand the No. 1 mantle to Nadal, at least for now. Federer spent 237 weeks at No. 1 — basically 4½ years — before Nadal replaced him last week.

"Rafa will now feel what I had to feel for a very long time," Federer said. "So, it will be interesting to see how he handles it, but so far he's been great and he's played so well on all surfaces now. Maybe it's nice to go into a Grand Slam for a change not having No. 1 next to me, and it should be interesting." SCHUYLER DIXON (AP)

JULIAN FINNEY/GETTY IMAGES

Swengali

OLYMPICS | BY MATT SWENSON

Could This Team Beat the Dream?

HAVING EASILY WON the gold to "redeem" the United States' reputation on and off the basketball court, there is but one question remaining about the 2008 men's Olympic basketball team: Would they beat the Dream Team?

There really isn't a wrong answer. Yet there are some facts to consider.

The 2008 gold-medal run was more impressive than the 1992 title because the competition was far better. There would have been no shame in losing to Spain or Argentina, and still the United States dominated until a tight championship.

Second, the 1992 stars were superior in the paint. Patrick Ewing, David Robinson and Karl Malone — all in their primes — would domi-

The best argument for the Redeem Team is that today's players are more athletic.

Tiger Says His Timetable for '09 Is Still Unclear

GOLF | Tiger Woods said he is not sure whether he will be ready to defend his title at the Dubai Desert Classic early next year.

The world's top-ranked golfer missed the rest of the 2008 season shortly after winning the U.S. Open in June so he could have reconstructive surgery on his left knee to repair a torn ligament.

"It's frustrating for me," he said Monday of the injury at an event to promote a golf course he helped design in the Persian Gulf city.

Woods said his schedule heading into next year is uncertain but that he plans to "be hitting golf balls at the beginning of the year."

The Dubai Desert Classic begins Jan. 27. (AP)



Woods

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ISOLATIONIST: Fidel Castro on Monday defended the Cuban taekwondo athlete who kicked a referee in the face at the Beijing Olympics, saying Angel Matos was rightfully indignant over his disqualification from the bronze-medal match. Castro expressed "our total solidarity" with Matos and his coach.

Sports

Hokies Need Someone to Step Up

Virginia Tech is trying to find its No. 1 QB and its top receivers

HOKIES FOOTBALL | Another season as defending Atlantic Coast Conference champions finds Virginia Tech with the same old controversy at quarterback, and with holes to fill throughout its lineup.

Whether it's Sean Glennon, Tyrod Taylor or a combination of the two that winds up behind center for the No. 17 Hokies, introductions might be in order once the first huddle is called.

Gone are the four wide receivers who made up the best group in school history, along with one-time all-ACC tailback Branden Ore, who wore out his welcome with off-the-field trouble.



Both Tyrod Taylor, left, and Sean Glennon, right, saw significant time at QB last year.

Countdown Continues

→ The Post is counting down its top 25 teams in college football. On Tuesday, it's the fourth-ranked USC Trojans who are in the spotlight. | **Today, Sports**

IN The Washington Post

The defense, too, was picked almost bare, losing seven starters to graduation and the NFL.

But as has been the case for many years now in Blacksburg, coach Frank Beamer and his staff are confident that the replacements will emerge, and the Hokies will contend again.

The key, though, will be what happens at quarterback, where Beamer said he hopes one of the two rises as the clear No. 1 and where redshirting Taylor is also a possibility.

"It's just easier when you've got your starter and you've got your backup," Beamer said.

Glennon made a remarkable comeback last season, playing so poorly in a 48-7 loss at LSU that Taylor replaced him for four games. When Taylor got hurt midway through the season, Glennon made the most of his second chance, and was MVP of the ACC championship game.

A superior leader, Glennon is also almost purely a drop-back passer, and several Hokies coaches are far more excited about the ability of Taylor to make plays with his legs.

Either way, the quarterback will have a veteran line with four returning starters to work behind, and a slew of new guys in the skills positions to try and bring along quickly.

"The key is how quickly we get our younger guys old," offensive coordinator Bryan Stinespring said.

HANK KURZ JR. (AP)

Youngster Will Drive No. 20 Car

AUTO RACING | Joe Gibbs Racing has selected 18-year-old Joe Logano to replace Tony Stewart in the No. 20 Sprint Cup Toyota next season. Logano was introduced Monday at the team's race shop, less than two months after he made his debut in the Nationwide Series.

Home Depot will remain the primary sponsor of the car, and Greg Zipadelli will continue as crew chief. While he's considered by many to be NASCAR's next big star, Logano has never driven in a Sprint Cup race. (AP)



Ken Niumatalolo is under a lot of pressure in his first season at Navy. The Midshipmen have had five straight winning seasons.

New Navy Coach Feels the Pressure

Niumatalolo knows 'no excuses' applies to him in his first season

NAVY FOOTBALL | Navy's coaches have been wearing T-shirts all month that read: "No Excuses. Nobody Cares."

First-year coach Ken Niumat-

alolo said those words apply to him as well. Niumatalolo is under enormous pressure to continue the remarkable run of success begun by predecessor Paul Johnson.

After leading Navy to five straight winning seasons, Johnson left to become head coach at Georgia Tech. Navy returns four starters on offense and eight on defense from last year's

Poinsettia Bowl team.

Quarterback Kaipo-Noa Kaheaku-Enhada and fullback Eric Kettani return as the primary weapons in the team's triple-option offense. Inside linebacker Clint Sovie and safety Jeff Deliz

have recovered from season-ending injuries suffered last September to strengthen a defense that struggled throughout 2007.

As a result, Niumatalolo believes Navy can maintain its stranglehold on the Commander-in-Chief's Trophy and advance to a bowl game for the sixth straight season.

"If we don't get it done this year, we've got no excuses. We have the players in place. We're as athletic as we have ever been," Niumatalolo said.

Kaheaku-Enhada enters his third season as the trigger man of the triple-option, which has enabled Navy to lead the nation in rushing four of the last five seasons. His ability to read defenses and distribute the ball helped the Mids establish a school record with an average of 348.8 yards rushing in 2007.

"Kaipo is by far the best conductor of this offense we've ever had. He's the best at reading the option, the best at facilitator of the ball, the best overall at orchestrating the whole thing," Niumatalolo said. "People don't truly appreciate how good he is at running this offense. He makes difficult things look easy." (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) Manny Ramirez brings his new blue uniform to Washington. Ramirez, Joe Torre and the Dodgers face Nationals rookie Collin Balester in the series opener.

ORIOLES (7 P.M. ON MASN) Gavin Floyd is on the mound for the White Sox, who are in Baltimore all week.

TENNIS (11 A.M. AND 7 P.M. ON USA) You thought you were home free now that the Olympics are over. Nope. The U.S. Open is on every day this week.



Small ray of hope: When Appalachian State beat Michigan in the season-opener last year, it gave hope to division I-AA programs everywhere. | **Today's Post, Sports**

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Sunday, September 7th



THE FIGHT FOR THE BIGGEST DIVA BEGINS: Susan Lucci, Toni Braxton, Lance Bass and chef Rocco DiSpirito will hit the floor on ABC's "Dancing With the Stars." The new season of the top-rated dance contest premieres Sept. 22.

Entertainment

'Bones' Goes British

The 4th season of the Fox drama starts out across the pond

PREMIERE | Emily Deschanel and David Boreanaz are stuck in a Mini Cooper, just steps from where East meets West. The little red car has just been in an "accident" and is facing oncoming traffic near the Greenwich Royal Observatory, the location on the bank of the Thames River from where all times zones are measured.

The stars of "Bones" have come to England to film the premiere episode of the Fox drama's fourth season, and they've brought all their characters' emotional baggage with them. So, inevitably, Deschanel's Dr. Temperance "Bones" Brennan and Boreanaz's Special Agent Seeley Booth are not just arguing about how to drive on the left side of the road, but also about how they feel about each other.

"She says I'm not an adaptable character," says Boreanaz, explaining one of the themes running through the double episode is Booth's "fighting to become part of the system here in England — the traditions and whatnot — though as the show progresses, he slowly starts to understand them."

"Booth at first hates it, but then



David Boreanaz and Emily Deschanel start the fourth season of "Bones" in England, where their characters adapt to local protocol and ambivalent feelings.

he kind of turns around. I don't have as strong feelings either way. I kind of adapt. I start using British words, stuff like calling trucks 'lorries,'" says Deschanel, explaining that Brennan, a more sophisticated world traveler, has an easier time working overseas.

In the season premiere, "Yanks in the U.K.," which airs Sept. 3 at 8 p.m., the forensic anthropologist and the FBI agent initially come to England to link up with their British peers. Brennan is invited to give a lecture at Oxford. Booth is talking to detectives at Scotland Yard. During their visit, an heiress is found dead and her American father wants U.S. experts involved in investigating the crime. So, the disparate duo get to work.

That work rubs them up against British counterparts, not just on the job but also in situations that might spark romance. This could clearly complicate their unresolved feelings about each other, which so far haven't progressed beyond the under-the-mistletoe kiss exchanged in last season's Christmas episode.

It's rumored there will be more intimate contact this season.

"That's when our show is the best, when people have to reveal their feelings in some way. But we never get sentimental," Deschanel says. BRIDGET BYRNE (AP)



GOOD LUCK: DioGuardi has the job of backing up Abdul's bizarre rants.

But Will Paula Not Bug Out?

'American Idol' adds a 4th judge to add to panel's 'girl power'

CATFIGHT | Scoot over, Simon Cowell. "American Idol" is adding a fourth critic to its panel of judges.

Grammy-nominated songwriter Kara DioGuardi will join Cowell, Paula Abdul and Randy Jackson when the eighth season of "American Idol" premieres in January, the Fox network said Monday.

"For the past seven seasons, Paula has had to endure the experience of being the only woman at the judges table," said Mike Darnell, president, alternative programming of Fox, in a statement.

"With Kara by her side, Paula has some backup, and now there is going to be a lot more 'girl power' on the show," Darnell said.

DioGuardi's songs have been recorded by Kelly Clarkson, Christina Aguilera, Gwen Stefani, Celine Dion, Faith Hill, Carrie Underwood and Pink, among others.

"We are turning the heat up on 'Idol' this year and are thrilled to welcome Kara to the judges table," said creator and executive producer Simon Fuller in a statement. "She is a smart, sassy lady, and one of America's most successful songwriters." (AP)

Eat, Drink or Else ...

'Or Die' Web site group seeks recipes from amateur cooks

FOODIES | Eatdrinkordie.com is hoping to find the culinary equivalent of Paris Hilton's political campaign ad. The site is the latest expansion of the Or Die Networks Group, whose signature site is Funny Or Die, the comedy Web site Will Ferrell and Adam McKay co-created last year.

As is true with the other Or Die sites, Eat, Drink or Die marries professional content with amateur submissions. Each of the sites is branded with celebrity partners who frequently create content in a kind of compromise between old-school professionalism and the user-generated ways of the Internet.

So, cooking tips from Tom Colicchio of Bravo's "Top Chef," can stand next to the family recipe for your grandma's meatloaf or your younger brother's mac and cheese.

Dick Glover, CEO of the Or Die Networks Group, said he thinks the new site will do for cooking what Funny Or Die has done for comedy — which is, become a niche brand in a crowded field of online video. "In looking at the broad culinary, food, beverage, health, nutrition world, we saw that it did fit the model," he said. When asked whether people will respond to cooking videos from amateurs, he responded: "The sharing of recipes goes back to cavemen writing on the walls." JAKE COYLE (AP)



Tom Colicchio of "Top Chef" offers recipes online at Eatdrinkordie.com.

Entertainment



BONDS MUST BE BORED: First there was Roger Moore's memoir about his days as the spy. Now Sean Connery has penned an autobiography, "Being a Scot." Pierce Brosnan, when should we expect yours? Hurry, before Daniel Craig beats you.

Perry's Picture

Hollywood mogul aims to extend his reach in film and television

MOVE MAKER | Tyler Perry is on one heck of a run. His five movies have grossed \$250 million, and he's sold 25 million DVDs. He has a top-rated TV show, another about to be announced and 11 box-office-busting stage plays. He's landed a book on the best-seller lists and in October will cut the ribbon on his own studio complex.

Perry, who Forbes says pocketed \$125 million last year, also

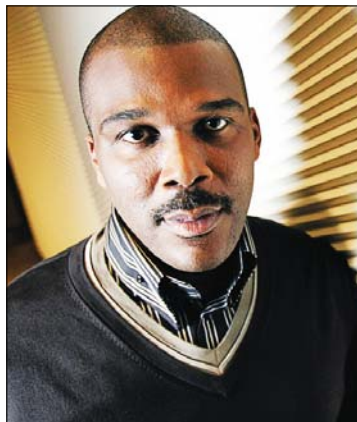
has achieved something that even Steven Spielberg can't boast: ownership of his work.

Now one of the most elusive moguls in the business is tempting the Hollywood fates by trying to broaden his empire. With the momentum of a new studio deal, the 38-year-old New Orleans native is setting the stage for a lucrative but potentially risky brand extension beyond the millions of black fans who are loyal to his faith-and-family oeuvre — and the sass-spouting, sixtysomething alter ego Madea who Perry often plays.

The first steps in Perry's latest

push: "The Family That Preys," out Sept. 12, features both black and white lead characters — a first for the filmmaker. He recently shot a cameo in J.J. Abrams' "Star Trek" reboot, which should raise his profile globally. His TBS show, "Tyler Perry's House of Payne," goes into national syndication next month, and he's readying a new series that, like "Payne," might have managed another unprecedented 100-episode commitment from TBS.

"This is definitely the beginning of Tyler's next phase in the entertainment business," says Mike Paseornek, president of motion picture



Tyler Perry is making some gutsy moves in both film and TV. Will they pay off?

production at Lionsgate, which has released all of Perry's films and recently closed a new three-year, first-look deal with him. "Tyler is going to start working more with the Hollywood community, and that will bring a diversity of proj-

ects to him that he can then put his creative stamp on."

The Lionsgate arrangement — which kicks in after February's release of "Madea Goes to Jail," Perry's adaptation of his play — contains healthy deal points: Depending on whether he plays a lead or a secondary role in a movie, Perry is now paid as much as \$15 million for his writing, acting, producing and directing services, plus 15 percent of first-dollar gross and unspecified box office bonuses. He has final cut and owns the copyrights. He keeps international distribution rights. He also pulls in an unheard-of 50 percent of all ancillary revenue.

"He has a true understanding of his brand, an entrepreneurial spirit and a willingness to bet on himself," says Charles King, Perry's agent at WMA. JAY A. FERNANDEZ (THE HOLLYWOOD REPORTER)

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DEATH RACE (R) - ID REQ'D (1130 200 445) 730 1000
THE LONGSHOTS (PG) (1100 130 415) 700 930
HOUSE BUNNY (PG-13) (1115 145 430) 715 945
THE ROCKER (PG-13) (1145 230 500) 745 1015
FLY ME TO THE MOON 3D (G) ★ (1115 145 400) 645 900
TROPIC THUNDER (R) - ID REQ'D (1130 115 215 515) 715 815
OC: TROPIC THUNDER (R) - ID REQ'D (415) 1015
STAR WARS: THE CLONE WARS (PG) (1100 115 345) 630 900
VICKY CRISTINA BARCELONA (PG-13) (1100 130 400) 645 915
MIRRORS (R) - ID REQ'D (1125 145 400) 650 900
PINEAPPLE EXPRESS (R) - ID REQ'D (1115 215 500) 800 1045
THE DARK KNIGHT (PG-13) (1200 330 700) 1030
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1245 330) 630

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale BABYLON AD (PG-13) ★
DEATH RACE (R) - ID REQ'D (1110 1230 200) 315 450 640 745 930
THE LONGSHOTS (PG) (1120 150) 430 710 945
HOUSE BUNNY (PG-13) (1120 220) 500 730 1010
THE ROCKER (PG-13) (1200 245) 520 810 1035
FLY ME TO THE MOON 3D (G) ★ (1125 145 400) 650 900
STAR WARS: THE CLONE WARS (PG) (1100 130) 425 715 1000
MIRRORS (R) - ID REQ'D (1110 155) 445 725 1015
OC: TROPIC THUNDER (R) - ID REQ'D (215) 1040
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1245) 655
PINEAPPLE EXPRESS (R) - ID REQ'D (120) 435 740 1030
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (110) 420
STEP BROTHERS (R) - ID REQ'D 720 1005
THE DARK KNIGHT (PG-13) 410 955
TROPIC THUNDER (R) - ID REQ'D (1105 1105 135) 415 510 700 800

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale BABYLON AD (PG-13) ★
DEATH RACE (R) - ID REQ'D (230 515) 800 1030
THE LONGSHOTS (PG) (200 445) 715 945
HOUSE BUNNY (PG-13) (200 445) 730 1015
THE ROCKER (PG-13) (215 500) 730 1010
VICKY CRISTINA BARCELONA (PG-13) (145 430) 715 1000
HENRY POOLE IS HERE (PG) 930 PM
MIRRORS (R) - ID REQ'D (215 500) 745 1030
STAR WARS: THE CLONE WARS (PG) (115 345) 630 900
TROPIC THUNDER (R) - ID REQ'D (230 515) 745 1015
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (100) 630
PINEAPPLE EXPRESS (R) - ID REQ'D (130 415) 700 945
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (130 400)
STEP BROTHERS (R) - ID REQ'D 930 PM
MAMMA MIA (PG-13) (115 400) 645 915
THE DARK KNIGHT (PG-13) (100) 430 800
WALL-E (G) (145 415) 700
OC: SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (345) 915

MAJESTIC STADIUM 20
900 Ellsworth Dr. Silver Spring, MD 240-393-4826
Adv. Tix on Sale BABYLON AD (PG-13) ★
RW & DA: DEATH RACE (R) - ID REQ'D (Stadium) (1105 140 420) 700 940
DEATH RACE (R) - ID REQ'D (Stadium) (1235 315) 600 835
THE LONGSHOTS (PG) (Stadium) (1250 325) 720 940
HOUSE BUNNY (PG-13) (Stadium) (1210 235 505) 735 1005
THE ROCKER (PG-13) (Stadium) (1230 300 530) 805 1040
VICKY CRISTINA BARCELONA (PG-13) (Stadium) (1225 245 510) 725 1000
HENRY POOLE IS HERE (PG) (Stadium) 1015 PM
MIRRORS (R) - ID REQ'D (Stadium) (1125 215 500) 745 1030
STAR WARS: THE CLONE WARS (PG) (Stadium) (1115 150 425) 700 935
RW: TROPIC THUNDER (R) - ID REQ'D (Stadium) (130 400) 630 910
TROPIC THUNDER (R) - ID REQ'D (Stadium) (1130 100 200 330 450) 605 730 830 1010
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium) (1120 210 455) 740 1020
PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium) (1200 240 520) 810 1045
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium) (1100 135 405) 705 955
STEP BROTHERS (R) - ID REQ'D (Stadium) (1240 310 540) 800 1035
MAMMA MIA (PG-13) (Stadium) (120 415) 645 945
THE DARK KNIGHT (PG-13) (Stadium) (1110 1150 230 320) 610 710 930 1025
HANCOCK (PG-13) (Stadium) (1205 220 430) 720 950
WALL-E (G) (Stadium) (1220 250 515) 750

ROYALE STADIUM 14
6505 America Blvd. Hyattsville, MD 301-864-3456
DEATH RACE (R) - ID REQ'D (Stadium) (205 440) 805 1035
RW & DA: DEATH RACE (R) - ID REQ'D (Stadium) (100 325) 700 940
THE LONGSHOTS (PG) (Stadium) (140 405) 735 1005
HOUSE BUNNY (PG-13) (Stadium) (200 430) 755 1015
THE ROCKER (PG-13) (Stadium) (120 345) 710 950
MIRRORS (R) - ID REQ'D (Stadium) (105 340) 705 945
STAR WARS: THE CLONE WARS (PG) (Stadium) (135 355) 730 1020
TROPIC THUNDER (R) - ID REQ'D (Stadium) (155 435) 750 1025
RW: TROPIC THUNDER (R) - ID REQ'D (Stadium) (125 400) 720 955
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium) (330) 715
PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium) (145 420) 800 1040
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium) (150 445) 745 1030
STEP BROTHERS (R) - ID REQ'D (Stadium) (130 350) 725 1010
THE DARK KNIGHT (PG-13) (Stadium) (110 425) 740 1045
HANCOCK (PG-13) (Stadium) (115) 1000

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HOUSE BUNNY (PG-13) (1200 215 445) 715 940
THE ROCKER (PG-13) (1215 245 510) 745 1010
VICKY CRISTINA BARCELONA (PG-13) (1245 300 515) 730 945
MIRRORS (R) - ID REQ'D (1220 250 520) 745 1020
STAR WARS: THE CLONE WARS (PG) (1205 220 440) 700 930
TROPIC THUNDER (R) - ID REQ'D (1245 315 545) 815 1045
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1200) PM
PINEAPPLE EXPRESS (R) - ID REQ'D (1210 240 520) 800 1030
MAMMA MIA (PG-13) (235 500) 730 1010
THE DARK KNIGHT (PG-13) (1210 330) 700 1015

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale FIREPROOF (PG) ★
DEATH RACE (R) - ID REQ'D (100 230 330 500) 600 730 830 1000
THE LONGSHOTS (PG) (200 500) 715 930
HOUSE BUNNY (PG-13) (215 445) 730 1000
JOURNEY TO THE CENTER OF THE EARTH (PG) (200) PM
FLY ME TO THE MOON 3D (G) ★ (230 445) 700 900
THE ROCKER (PG-13) (100 330) 715 945
MIRRORS (R) - ID REQ'D (245 515) 745 1015
STAR WARS: THE CLONE WARS (PG) (115 345) 700 915
TROPIC THUNDER (R) - ID REQ'D (115 300 345 530) 615 800 845 1030
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (215 515)
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (130 400)
STEP BROTHERS (R) - ID REQ'D 630 945
MAMMA MIA (PG-13) 600 1015
THE DARK KNIGHT (PG-13) (415) 645 915
WALL-E (G) (245) 615 930

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#
DEATH RACE (R) - ID REQ'D (200 445) 745 1030
HOUSE BUNNY (PG-13) (115 415) 715 1000
THE LONGSHOTS (PG) (130 430) 715 945
THE ROCKER (PG-13) (145 430) 730 1000
MIRRORS (R) - ID REQ'D (115 445) 745 1030
STAR WARS: THE CLONE WARS (PG) (130 400) 730 1015
OC: TROPIC THUNDER (R) - ID REQ'D (100 230 530) 700 815 1045
TROPIC THUNDER (R) - ID REQ'D (415) 945
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1245 400) 645
PINEAPPLE EXPRESS (R) - ID REQ'D (230 515) 800 1045
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (1245 330) 630 915
STEP BROTHERS (R) - ID REQ'D 1045 PM
MAMMA MIA (PG-13) (100 345) 645 930
THE DARK KNIGHT (PG-13) (330) 700 1015
HANCOCK (PG-13) 630 930
WALL-E (G) (1245 345)

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671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale BABYLON AD (PG-13) ★
I.O.U.S.A. (PG) (1255 315 530) 750 1010
VICKY CRISTINA BARCELONA (PG-13) (1200 235 510) 745 1015
HENRY POOLE IS HERE (PG) 640 915
MIRRORS (R) - ID REQ'D (155 445) 730 1025
STAR WARS: THE CLONE WARS (PG) (130 405) 650 925
TROPIC THUNDER (R) - ID REQ'D (140 220 435 515) 720 800 1005
PINEAPPLE EXPRESS (R) - ID REQ'D (205 455) 740 1030
BRIDESHEAD REVISITED (PG-13) (1150 300) 620 830
MAMMA MIA (PG-13) (100 415) 700 945
THE DARK KNIGHT (PG-13) (1220 305 345) 630 710 955
WALL-E (G) (115 355)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale BABYLON AD (PG-13) ★
DEATH RACE (R) - ID REQ'D (1100 1140 150 230 430 510) 710 750 950 1030
THE LONGSHOTS (PG) (1110 140 420) 700 930
HOUSE BUNNY (PG-13) (1145 220 455) 730 1010
THE ROCKER (PG-13) (1130 225 505) 745 1035
MIRRORS (R) - ID REQ'D (1230 320) 610 900
STAR WARS: THE CLONE WARS (PG) (120 400) 635 910
TROPIC THUNDER (R) - ID REQ'D (1155 115 240 440 520) 640 720 800 1000
OC: TROPIC THUNDER (R) - ID REQ'D (400) 920
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (100) 715
PINEAPPLE EXPRESS (R) - ID REQ'D (1140 235 525) 815
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (1220 310) 600 850
STEP BROTHERS (R) - ID REQ'D (1210 255 530) 805
MAMMA MIA (PG-13) (410) 1020
THE DARK KNIGHT (PG-13) (1150 320 650) 1025
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1100 130 355) 630
HANCOCK (PG-13) 900 PM
WALL-E (G) (1120 200)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956
Adv. Tix on Sale BABYLON AD (PG-13) ★
RW & DA: DEATH RACE (R) - ID REQ'D (Stadium) (1230 310) 645 930
DEATH RACE (R) - ID REQ'D (Stadium) (1115 145 425) 745 1010
THE LONGSHOTS (PG) (Stadium) (1135 200 430) 730 1000
HOUSE BUNNY (PG-13) (Stadium) (1200 235 510) 800 1030
THE ROCKER (PG-13) (Stadium) (1140 215 440) 710 955
VICKY CRISTINA BARCELONA (PG-13) (Stadium) (1115 140 400) 630 900
MIRRORS (R) - ID REQ'D (Stadium) (1130 205 450) 740 1015
STAR WARS: THE CLONE WARS (PG) (Stadium) (1120 150 415) 700 935
TROPIC THUNDER (R) - ID REQ'D (Stadium) (1125 1225 210 305 500) 610 715 750 850 945 1025
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium) (1245 330) 635 925
PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium) (1250 350) 725 1010
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium) (245) 620 910
STEP BROTHERS (R) - ID REQ'D (Stadium) (1215) PM
MAMMA MIA (PG-13) (Stadium) (1235 335) 640 920
THE DARK KNIGHT (PG-13) (Stadium) (1155 315) 655 1010
WALL-E (G) (Stadium) (1150 220 445)

COUNTRYSIDE STADIUM 14
45980 Royal Plaza 800-FANDANGO 394#
Adv. Tix on Sale BABYLON AD (PG-13) ★
DEATH RACE (R) - ID REQ'D (1130 1230 200 320 430) 700 740 930
THE LONGSHOTS (PG) (1150 225 445) 710 945
HOUSE BUNNY (PG-13) (1210 235 505) 735 1000
THE ROCKER (PG-13) (1145 220 500) 725 1020
VICKY CRISTINA BARCELONA (PG-13) (120 415) 725 1015
HENRY POOLE IS HERE (PG) 865 PM
MIRRORS (R) - ID REQ'D (110 350) 705 955
STAR WARS: THE CLONE WARS (PG) (1135 1240 210 330 440) 640 720 810 915
OC: TROPIC THUNDER (R) - ID REQ'D 720 910 1050
TROPIC THUNDER (R) - ID REQ'D (1140 1220 215 310 440) 650 730 830 935
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1215 305) 610 900
PINEAPPLE EXPRESS (R) - ID REQ'D (125 405) 655 940
BRIDESHEAD REVISITED (PG-13) (100) PM
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (1225 315) 620 920
STEP BROTHERS (R) - ID REQ'D (325) 645 915
MAMMA MIA (PG-13) (115 355) 630 905
THE DARK KNIGHT (PG-13) (1250 420) 800
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1200 230 455) 715 935
HANCOCK (PG-13) (105) PM
WALL-E (G) (1255 335) 615

FOX STADIUM 16
22875 Crawford Plz. Asbun, VA 703-957-1035
Adv. Tix on Sale BABYLON AD (PG-13) ★
RW & DA: DEATH RACE (R) - ID REQ'D (Stadium) (1245 320 550) 840
DEATH RACE (R) - ID REQ'D (Stadium) (1155 225 455) 755 1025
THE LONGSHOTS (PG) (Stadium) (1225 255 535) 805 1035
HOUSE BUNNY (PG-13) (Stadium) (1150 210 435) 715 955
THE ROCKER (PG-13) (Stadium) (125 405) 655 945
MIRRORS (R) - ID REQ'D (Stadium) (1235 425) 735 1010
STAR WARS: THE CLONE WARS (PG) (Stadium) (1200 230 500) 725 945
RW: TROPIC THUNDER (R) - ID REQ'D (Stadium) (1215 245 515) 745 1015
TROPIC THUNDER (R) - ID REQ'D (Stadium) (100 330) 600 730 830 930
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium) (1250 345) 645 925
PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium) (1250 345) 645 925
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium) (110 330) 640 955
STEP BROTHERS (R) - ID REQ'D (Stadium) (1025) PM
SPACE CHIMPS (G) (Stadium) (1230 240 450)
MAMMA MIA (PG-13) (Stadium) (510) 740 1020
THE DARK KNIGHT (PG-13) (Stadium) (1200 315) 630 945
JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium) (105 325) 545 810
WALL-E (G) (Stadium) (1205 235)

FAIRFAX TOWNE CENTER 10
4110 W OX Road 800-FANDANGO 670#
I.O.U.S.A. (PG) (1145 205 450) 730 1000
DEATH RACE (R) - ID REQ'D (1100 1200 135 235 415 510) 700 750
THE LONGSHOTS (PG) (1120 150) 430 710 945
HOUSE BUNNY (PG-13) (1120 210 445) 740 925 1025
HENRY POOLE IS HERE (PG) (435) 1015
PINEAPPLE EXPRESS (R) - ID REQ'D (1105 150 440) 725 1010
BRIDESHEAD REVISITED (PG-13) (1255) 710
HELLBOY II: THE GOLDEN ARMY (PG-13) (1110 155 445) 735 1020
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1205 230 500) 720 945
KIT KITTREDGE: AMERICAN GIRL (G) (1135 200 430) 650
WALL-E (G) (1115 145 425) 705 940

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
DEATH RACE (R) - ID REQ'D (250 515) 800 1025
THE LONGSHOTS (PG) (110 400) 650 920
HOUSE BUNNY (PG-13) (1240 330) 740 1005
THE ROCKER (PG-13) (130 415) 750 1040
MIRRORS (R) - ID REQ'D (215 500) 745 1030
STAR WARS: THE CLONE WARS (PG) (200 445) 730 1000
TROPIC THUNDER (R) - ID REQ'D (145 430) 715 945
SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1220 310) 615 900
PINEAPPLE EXPRESS (R) - ID REQ'D (1245 330) 650 940
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium) (950) 745
STEP BROTHERS (R) - ID REQ'D 720 1010
MAMMA MIA (PG-13) (300) 630 915
THE DARK KNIGHT (PG-13) (1215 345) 700 1015
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (100 315) 710
WALL-E (G) (1210) PM



THEY GO TOGETHER: Another "American Idol" alum is heading to "Grease" on Broadway. Ace Young, who competed on season five of the Fox show, joins the cast Sept. 9, playing Kenickie in the revival of the popular musical.

Entertainment

No Longer Bittersweet

The Verve returns with a new album after 11-year absence

FINALLY | Talk of a return to the relative glory days of a decade ago is often hostage to the fortunes of the modern music business. But the re-formation of the Verve has its supporters dreaming big.

The reunited British modern rock quartet, fronted by Richard

Ashcroft, releases its "Forth" album today. It's the band's first album since its most successful, "Urban Hymns," appeared 11 years ago.

"Forth" is a bracing blend of the experimentalism of the group's early work and the more structured songwriting of its last two efforts. The album is highlighted by the dreamy "Judas," arguably one of the most beautiful songs the band has yet penned, and the anthemic ballad "Valium Skies," a surefire future

concert staple. Elsewhere, the Verve stretches out in ways it hasn't since the early '90s, particularly on the eight-minute "Noise Jam," a propulsive rocker with the Rapture.

In the United States, "Forth" is on the group's On Your Own imprint via New York independent label Megaforce. Media interest and interview requests for the band have been "so overwhelming," Megaforce President Missi Callazo says. "There's a grand mystique



The Verve's Richard Ashcroft performs at V Festival 2008 in Chelmsford, England.

with the Verve, and it continues to this day."

That's supported by the popularity of the band's 1997 song "Bitter Sweet Symphony." The track

rocketed the Verve to fame only to become embroiled in a lawsuit over its sample of an orchestral version of the Rolling Stones' "The Last Time." PAUL SEXTON (BILLBOARD)



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AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE IMAX EXPERIENCE
SPACE STATION 3D (NR-NOT RATED) 2:20, 4:00, 7:20, 9:50

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG) 2:15, 4:45, 7:05, 9:25

DEATH RACE (R) 1:35, 2:25, 4:20, 5:10, 7:00, 7:55, 9:30
THE HOUSE BUNNY (PG13) 2:35, 5:05, 7:45, 10:10
THE LONGSHOTS (PG) 1:55, 4:50, 7:35, 10:10
THE ROCKY HORROR PICTURE SHOW (PG) 2:45, 5:25, 7:50, 10:15
MIRRORS (R) 2:45, 5:20, 7:55
STAR WARS: THE CLONE WARS (PG) 2:05, 3:20, 4:45, 5:55, 7:15, 8:25, 9:35
TROPIC THUNDER (R) 1:50, 2:35, 4:35, 5:15, 7:10, 7:45, 9:40, 10:10
TROPIC THUNDER (R) 2:35, 5:15, 7:45, 10:10
PINEAPPLE EXPRESS (R) 2:50, 5:30, 7:30, 8:10, 10:05
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:45, 4:40, 7:25
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:55, 5:35, 8:20
STEP BROTHERS (R) 2:00, 4:50, 7:20, 9:45
THE DARK KNIGHT (PG13) 1:30, 2:30, 4:55, 6:05, 8:15, 9:20
MAMMA MIA! (PG13) 1:40, 4:30, 7:35, 9:50
HELLBOY II: THE GOLDEN ARMY (PG13) 9:35 PM
HANGOVER (PG13) 10:05 PM
WALL-E (G) 2:10, 4:45, 7:15

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 2:50, 5:15, 7:40, 10:00
HENRY POOLE IS HERE (PG) 2:30, 5:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG) 2:45, 6:45, 9:10
SPACE STATION 3D (NR-NOT RATED) 12:40, 5:10

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG) 1:40, 4:20, 7:10, 10:15

DEATH RACE (R) 12:00, 2:40, 5:15, 7:45, 10:20
THE HOUSE BUNNY (PG13) 2:00, 4:30, 7:00, 9:20
THE ROCKY HORROR PICTURE SHOW (PG) 2:10, 4:50, 7:15, 9:45
MIRRORS (R) 1:30, 4:55, 7:50, 10:35
STAR WARS: THE CLONE WARS (PG) 12:30, 3:05, 5:30, 8:00, 10:25
STAR WARS: THE CLONE WARS (PG) 12:30, 3:05, 5:30, 8:00, 10:25
TROPIC THUNDER (R) 2:20, 5:00, 7:30, 10:10
PINEAPPLE EXPRESS (R) 2:15, 5:05, 7:40, 10:30
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:00, 3:50, 6:50, 9:40
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 6:40
STEP BROTHERS (R) 4:10, 9:30
THE DARK KNIGHT (PG13) 2:45, 6:30, 9:55
MAMMA MIA! (PG13) 1:50, 4:40, 7:20, 10:00

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:50, 3:15, 5:50, 8:15, 10:40

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D
FLY ME TO THE MOON 3-D (G) 2:30, 4:45, 6:55, 9:20

DEATH RACE (R) 2:45, 5:15, 8:00, 10:30
THE HOUSE BUNNY (PG13) 1:45, 4:20, 7:00, 9:45
THE ROCKY HORROR PICTURE SHOW (PG) 2:20, 5:05, 7:40, 10:35
MIRRORS (R) 1:15, 4:00, 6:50, 9:50
STAR WARS: THE CLONE WARS (PG) 1:40, 4:35, 7:25, 10:00
TROPIC THUNDER (R) 2:00, 4:30, 7:30, 10:20
PINEAPPLE EXPRESS (R) 1:20, 4:10, 5:10, 7:10, 8:10, 10:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:50, 4:40, 7:50, 10:35
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:05, 7:20
STEP BROTHERS (R) 4:50, 10:15
THE DARK KNIGHT (PG13) 3:45, 7:05, 10:25
MAMMA MIA! (PG13) 2:40, 5:20, 8:10, 10:40

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 2:15, 5:00, 7:45, 10:30
HENRY POOLE IS HERE (PG) 2:30

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG) 12:05, 5:35, 7:55, 10:25
SPACE STATION 3D (NR-NOT RATED) 2:25, 4:00

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG) 12:15, 2:35, 5:00, 7:30, 10:00

DEATH RACE (R) 2:00, 4:45, 7:30, 10:15
THE HOUSE BUNNY (PG13) 12:30, 2:55, 5:30, 8:00, 10:25
THE LONGSHOTS (PG) 1:55, 4:40, 7:20, 10:00
THE ROCKY HORROR PICTURE SHOW (PG) 12:00, 2:30, 5:05, 7:40, 10:15
MIRRORS (R) 1:30, 4:10, 7:00, 9:40
STAR WARS: THE CLONE WARS (PG) 1:45, 4:15, 6:45, 9:15
TROPIC THUNDER (R) 1:10, 2:10, 3:50, 4:50, 6:30, 7:45, 9:20, 10:20
TROPIC THUNDER (R) 2:10, 4:50, 7:45, 10:20
PINEAPPLE EXPRESS (R) 1:40, 4:30, 7:10, 9:50
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:20, 4:05, 6:50, 9:35
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:35, 4:20, 7:05, 9:45
STEP BROTHERS (R) 12:35, 3:00, 5:25, 7:50, 10:20
THE DARK KNIGHT (PG13) 12:00, 3:20, 6:40, 10:05
MAMMA MIA! (PG13) 1:50, 4:35, 7:15, 9:55
WALL-E (G) 12:25, 2:45, 5:10

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:15, 3:55, 6:35, 9:10
HENRY POOLE IS HERE (PG) 7:35, 10:10

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

DEATH RACE (R) 2:50, 5:20, 8:00, 10:30
THE HOUSE BUNNY (PG13) 3:10, 5:30, 7:50, 10:10
THE LONGSHOTS (PG) 2:00, 4:20, 6:50, 9:20
THE ROCKY HORROR PICTURE SHOW (PG) 2:20, 4:40, 7:10, 9:30
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:10, 4:50, 7:30, 10:20
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:30, 5:10, 7:40, 10:15
STEP BROTHERS (R) 2:40, 5:00, 7:20, 9:40
SEX AND THE CITY (R) 4:00, 7:00, 10:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

DEATH RACE (R) 12:05, 2:30, 5:00, 7:30, 10:00
THE LONGSHOTS (PG) 1:20, 4:20, 7:20, 9:50
THE ROCKY HORROR PICTURE SHOW (PG) 1:35, 4:35, 7:10, 9:35
MIRRORS (R) 1:15, 4:15, 7:15, 10:15
STAR WARS: THE CLONE WARS (PG) 12:15, 2:35, 5:05, 7:25, 9:40
TROPIC THUNDER (R) 12:10, 1:40, 2:40, 4:10, 5:10, 6:40, 7:40, 9:10, 10:10
PINEAPPLE EXPRESS (R) 1:05, 4:05, 7:05, 10:05
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 4:30, 7:00, 9:45
STEP BROTHERS (R) 12:20, 2:50, 5:20, 7:50, 10:10
THE DARK KNIGHT (PG13) 12:05, 3:30, 6:45, 9:55
HANGOVER (PG13) 12:15, 2:45, 5:15, 7:45, 10:15

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:50, 4:10, 7:00
BOTTLE SHOCK (PG13) 1:40, 4:20, 7:00
BRIDESHEAD REVISITED (PG13) 1:45, 4:30, 7:20
ELGY (R) 1:30, 4:10, 7:10
TRANSIBERIAN (R) 2:20, 5:00, 7:40
BAGHEAD (R) 2:30, 4:40, 7:50
TELL ME ONE (NR-NOT RATED) 2:00, 4:50, 7:30

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE DARK KNIGHT (PG13) 2:00, 5:15, 8:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG) 12:20, 2:40, 5:05, 7:30, 9:55

SPECIAL MIDNIGHT SHOW
HAMLET 2 (R) 12:01 AM
TRAITOR (PG13) 12:01 AM

DEATH RACE (R) 12:25, 3:00, 5:35, 8:15, 10:50
THE HOUSE BUNNY (PG13) 12:05, 2:30, 4:55, 7:35, 10:00
THE ROCKY HORROR PICTURE SHOW (PG13) 11:00, 1:45, 4:25, 7:10, 9:50
MIRRORS (R) 12:00, 2:35, 5:10, 7:50, 10:45
STAR WARS: THE CLONE WARS (PG) 12:30, 12:55, 3:20, 5:45, 8:05, 10:30
TROPIC THUNDER (R) 10:50, 12:15, 1:30, 2:50, 4:05, 5:30, 7:00, 8:20, 9:30, 10:55
PINEAPPLE EXPRESS (R) 11:10, 1:50, 4:45, 7:25, 10:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 10:40, 1:25, 4:10, 7:00, 9:45
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 11:15, 2:00, 4:40, 7:20, 10:10
STEP BROTHERS (R) 3:15, 5:40, 8:10, 10:40
THE DARK KNIGHT (PG13) 10:35, 1:55, 3:35, 5:15, 7:05, 8:40, 10:25
MAMMA MIA! (PG13) 12:10, 2:45, 5:25, 8:00, 10:35
WALL-E (G) 10:45, 1:10

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:35, 2:55, 5:20, 7:55, 10:20
HENRY POOLE IS HERE (PG) 12:45 PM

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

DEATH RACE (R) 2:20, 5:10, 7:40
THE ROCKY HORROR PICTURE SHOW (PG13) 2:00, 4:50, 7:30
TROPIC THUNDER (R) 3:00, 5:30, 8:00
PINEAPPLE EXPRESS (R) 2:50, 5:20, 7:50
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 7:20
THE DARK KNIGHT (PG13) 1:00, 4:10, 8:00
MAMMA MIA! (PG13) 1:20, 4:20, 7:10
WALL-E (G) 2:40, 5:00

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG) 1:10, 3:30, 5:50, 8:20, 10:45

DEATH RACE (R) 12:05, 2:40, 5:20, 8:10, 10:45
THE HOUSE BUNNY (PG13) 12:10, 2:30, 5:00, 7:30, 9:55
THE LONGSHOTS (PG) 12:40, 3:20, 6:00, 8:25, 10:55
THE ROCKY HORROR PICTURE SHOW (PG13) 12:20, 2:45, 5:15, 7:45, 10:10
MIRRORS (R) 12:15, 2:50, 5:25, 8:00, 10:50
STAR WARS: THE CLONE WARS (PG) 12:30, 1:45, 3:05, 4:15, 5:40, 7:00, 8:05, 9:25, 10:35
TROPIC THUNDER (R) 12:00, 1:50, 3:00, 4:20, 5:45, 7:10, 8:15, 9:50, 10:55
TROPIC THUNDER (R) 12:00, 3:00, 5:45, 8:15, 10:55
PINEAPPLE EXPRESS (R) 12:45, 3:15, 5:55, 8:30, 11:00
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 12:55, 4:05, 7:20, 10:20
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:40, 4:30, 7:25, 10:05
STEP BROTHERS (R) 12:50, 3:10, 5:35, 7:55, 10:30
THE DARK KNIGHT (PG13) 1:55, 4:00, 5:30, 7:15, 8:45, 10:40
MAMMA MIA! (PG13) 1:15, 3:50, 6:20, 9:00

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:35, 2:55, 5:25, 7:50, 10:25
HENRY POOLE IS HERE (PG) 1:30

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

THE ROCKY HORROR PICTURE SHOW (PG13) 1:50, 4:10, 7:05
PINEAPPLE EXPRESS (R) 1:40, 4:20, 7:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:30, 4:30
THE DARK KNIGHT (PG13) 1:10, 4:25, 7:30
MAMMA MIA! (PG13) 7:20

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:45, 4:15, 7:25

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**Wednesday, Sept. 10
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20 | EXPRESS | 08.26.2008 | TUESDAY

Entertainment

Talking Elvis Cole With Crais

As an author adapts
his worldview, so
does his protagonist



Think he looks like a detective writer?

READS | Elvis Cole is Robert Crais' best friend. Crais brought the L.A. private investigator back last month in "Chasing Darkness," the 11th installment of one of crime fiction's best series. And, like fans of the series, Crais can't get enough of the droll detective.

"Elvis Cole is the lens through which I see the world around me," he says. "He is with me constantly, and I do miss him when he's not around."

Crais, a former TV writer on such iconic series as "Hill Street Blues," "Cagney & Lacey" and "Miami Vice," has rarely strayed from the series in the 20 years since Cole's debut in "The Monkey's Raincoat."

While he did write three stand-alone books, including "Hostage," which was turned into a Bruce Willis action movie, Crais has settled into a rhythm that should delight fans of Cole and his lovably prickly partner, Joe Pike.

"Chasing Darkness" comes after the release of last year's "The Watchman," a book that focused on Pike with Cole in a supporting role. And a new Pike novel is slated for next summer.

Do you ever grow weary of writing Elvis Cole novels?

I've allowed them, Elvis and Joe, to change and have allowed the way I tell the stories to change. So, as long as the characters and the storytelling remain open for me, I'm not bored by it at all. As I change, Elvis changes.

Though your three stand-alone books have been sold or optioned for movies, you've repeatedly turned down offers to develop the Cole series for television or movies. Why is that?

I've turned them all down. I stopped counting at 50 offers. ... It's kind of complicated. I'm very protective of those characters. As they used to say on "Saturday Night Live," "Elvis Cole has been vetty, vetty good to me." As much as I love television and movies, books are special. My concern is if I allow a film to be made of those guys, that somehow those will have an adverse impact on the collaboration I have with my readers, that somehow Elvis and Joe will be changed in their eyes. I don't know if that's real or not, but so far I've been saying no to all the offers coming my way. ... I guess it's possible that a film can serve a novel that way, but it's so rare to encounter movies that actually embody the work. I figure the odds are very much against that.

Have you been tempted to return to TV writing?

I might live in Los Angeles still, but my business is writing novels. I'm not part of the Hollywood rat race anymore. I'm not trying to hustle deals. I don't write screenplays on assignment. I'm not interested in taking meetings with producers. I just have a flat blanket no to all that stuff. It really is kind of easy to ignore that. My view of it now is simply a civilian's view.

Would you mind sharing what you're working on now?

The next book is going to be another Joe Pike book. Last year's book was "The Watchman," where I flipped Elvis and Joe's roles, and I let Joe take center stage and had Elvis become a supporting character. I really enjoyed writing that. That book also had the extra added advantage of being enormously successful. CHRIS TALBOTT (AP)

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'80S ENTHUSIASTS EVERYWHERE SAY, 'NOOOO!' "Hills" star Heidi Montag is all big hair and Lycra in the video for her single "Overdosin'." In this nod to the '80s, Spencer's girl is sure to horrify as much as she did in her first video. Check it out at Heidimontag.com.

Television

ON TV TONIGHT

OBAMA-RAMA

DEMOCRATIC NATIONAL CONVENTION coverage (6 p.m., CNN; 7 p.m., MSNBC; 8 p.m., PBS; 9:45 p.m., Fox News; 10 p.m., ABC, CBS, NBC).

WHEN WAS HE MR. NICE GUY?

On two reruns of **HOUSE** (Fox), no more Mr. Nice Guy (8 p.m.); a soap-star obsession (9 p.m.).

HOFF IS BACK IN THE SADDLE

The competition resumes on **AMERICA'S GOT TALENT** (8 p.m., NBC).

IT'S A BIT KINKY, DAHLING!

The British sitcom **GAVIN AND STACEY** (8:40 p.m., BBC America) offers a winning combination of romance and raunchy characters and situations.

PEANUTS AND BANKRUPTCY

REAL SPORTS WITH BRYANT GUMBEL (10 p.m., HBO) looks at soaring ticket prices.

THE LIGHTER SIDE OF POLITICS

Democratic convention commentary on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central).



JASON DECROW/AP

EXPERT OPINION: Hear what Jon Stewart has to say about the Dems tonight.

MASTER OF FINE ACTING

Don Cheadle is on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

LAUGH, FLIP, SING

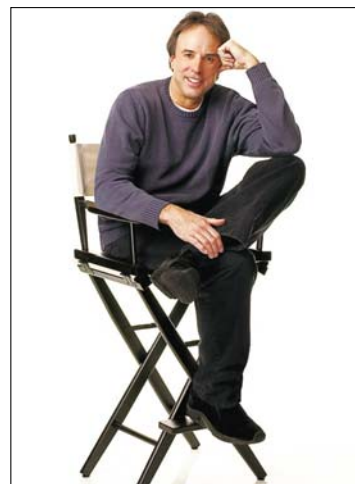
Jay Leno hosts Norm Macdonald, Nastia Liukin and B.B. King on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Dry Spell Hits Networks

Kevin Nealon brings the ads during one of TV's worst weeks

BOREDOM | The TV year has ebbs and flows, and we're in a big ebb right now. The week before Labor Day marks a time when people would clearly rather build their last beach bonfire than tune in to "Wanna Bet" (9 p.m., ABC).

One surefire way of knowing you're smack-dab in the middle of TV's dead zone is the arrival of "World's Funniest Commercials 2008" (9 p.m., TBS), a biannual advertising salute that airs the week before New Year's Day and just before Labor Day. Longtime host Kevin Nealon deserves some kind of award for working the graveyard shift. He is joined by fellow comic



KYLE CHRISTY

THE COMMERCIAL GURU: For the umpteenth time, Nealon bows to capitalism.

Susan Yeagley, who just happens to be his wife.

While the commercials come from all over the world, Australia,

Japan and the Scandinavian countries dominate the competition. Gold medalist Scott Hamilton announces the winner.

Computer-generated special effects have allowed many commercials to look like blockbuster movies. A beer commercial from Australia takes on epic proportions, as does an Italian spot for a deodorant (I think) that culminates with a scene of destruction right out of Pompeii. Most ads explore the differences between men and women.

Not all feature computer effects. Proof that words and wit still matter arrives in a spot for a film festival, featuring a dour feminist movie critic spinning a radical theory that will make you think twice about the "real" meaning of "Toy Story." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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New Wave, Old School

A gaggle of '80s acts hits the stage for the Regeneration Tour

WATCH VIDEOS and learn more about ABC and Naked Eyes at expressnightout.com

THROWBACKS | Prep your eyeliner and get your hair spray ready — when Regeneration Tour 2008 rolls through Wolf Trap, it'll be wall-to-wall synthesizers and skinny ties.

A grab bag of early and mid-'80s acts loosely categorized under the new-wave banner, the tour features Brits ABC, the Human League, A Flock of Seagulls and Naked Eyes, with lone American Belinda Carlisle in tow. If those names look as foreign as Kajagoogoo, then you'll need this primer:

→ BELINDA CARLISLE

Who She Is: The Go-Go's lead singer, middle-of-the-road solo



THE BEAT GOES ON: Belinda Carlisle's place on Earth will be at Wolf Trap tonight.

artist, Playboy centerfold and, ever so briefly, drummer for early L.A. punks the Germs.

Why She Was Famous: Proto-Rese Witherspoon looks and a bright,

subtle vibrato.

What to Shout For: "Mad About You," "We Got the Beat" by the Go-Go's.

Dated? Getting there

→ A FLOCK OF SEAGULLS

Who They Are: Liverpoolian new romantics led by Mike Score.

Why They Were Famous: Asymmetrical hair, "I Ran (So Far Away)."

What to Shout For: "Wishing (If I Had a Photograph of You)."

Dated? Wonderfully so.

→ THE HUMAN LEAGUE

Who They Are: Sheffield, England, group that started out as dark post-punk and soon went pop.

Why They Were Famous: The boy-girl vocals of Philip Oakey, Joanne Catherall and Susan Ann Sulley.

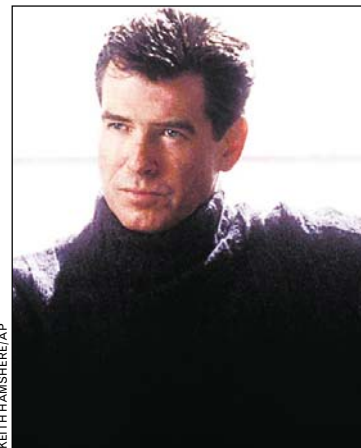
What to Shout For: Impress your friend by shouting for early minor hit "Being Boiled" instead of "Don't You Want Me?"

Dated? In a league of their own.

STEPHEN M. DEUSNER

→ *Wolf Trap, Filene Center, 1551 Trap Road, Vienna; Tue., Aug. 26, 8 p.m.; \$22-\$75; 877-965-3872.*

thescene



On Thursday, catch the dashing Pierce Brosnan as James Bond in NoMa.

● WEDNESDAY

Free Lobster Buffet: No seafood here — only a ska band. The Rock and Roll Hotel, 1353 H St. NE; 7 p.m., \$10; 202-388-7625.

Imperial China: Rockers who heart electronics. Black Cat, 1811 14th St. NW; 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)

Abbe Smith: A criminal defense attorney talks about her new book. Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness)

● THURSDAY

'Die Another Day': The last flick in this James Bond Film Festival. Florida and New York avenues NE; dusk, free. (New York Avenue)

Save Africa Concert: R&B singer Tolumide and roots collective Elikeh perform. DC9, 1940 Ninth St. NW; 9 p.m., \$10; 202-483-5000. (U St.-Cardozo)

The Slow Burn: Melodic rock with an edge. Iota, 2832 Wilson Blvd., Arlington; 9 p.m., \$10; 703-522-8340. (Clarendon)

● FRIDAY

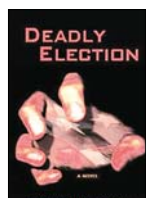
Tittsworth: Famed local DJ and friends celebrate his new record. 9:30 Club, 815 V St. NW; 9 p.m., \$15; 202-265-0930. (U St.-Cardozo)

Jesse McCartney: A tween-pop favorite, courtesy of Disney. Constitution Hall, 1776 D St. NW; 7:30 p.m., \$39.50-\$49.50. 202-397-7328. (Farragut West)

Mint Condition: R&B artists from the Midwest. Strathmore, 5301 Tuckerman Lane, N. Bethesda; 7:30 p.m., \$35-\$65; 301-581-5100. (Grosvenor-Strathmore)

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



Stranger Than Fiction

Betsy Hartmann's novel, "Deadly Election," is a twisted tale of suicide, a drunk

president and a presidential adviser who takes over the power structure. I'm sorry. Let me start again. Ahem.

Betsy Hartmann's novel, "Deadly

2 Election," is a history of the past eight years with a suicide thrown in for good measure. Too far? I jest, I jest. But, if you're a fan of the political thriller, this is certainly the book talk for you. Head to Busboys and Poets for a discussion and signing of this completely fictional piece of work. If anything seems familiar, it's a coincidence, OK? K.E.

→ *Busboys and Poets, 2021 14th St. NW; 6 p.m., free; 202-387-7638. (U St.-Cardozo)*



I'll Get You, Red Baron!

"Ace," a new musical at the Signature Theatre, is about a young boy with a toy plane in the '50s who gets transported back to a time of magical adventure and dogfighting. But, secretly, it's about war! And his dead father! It's good, but be prepared: It's not exactly "The Neverending Story." Still, it's good to see an original musical. You can always count on Signature for something fresh, when everyone else is doing "Bye Bye Birdie." F.Z.

→ *Signature Theatre, 4200 Campbell Ave., Arlington; Wednesday through Sept. 28, \$49-\$86; 703-820-9771.*



Mindi, Not Heidi

At first glance, you might think Mindi Abair is the Heidi Montag of, um, something. She's vaguely plastic-

3 looking, and her fan club is called "Mindiwood." But, unlike Heidi, she has some musical talent. She still has a lacquered, Los Angeles style, but she also plays the saxophone, which is not something you can fake. Seriously, try it. Go into a music store and try out a saxophone and see whether you make music. When you discover you can't, come hear Abair play one for real at the Birchmere. F.Z.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$29.50; 703-549-7500.*

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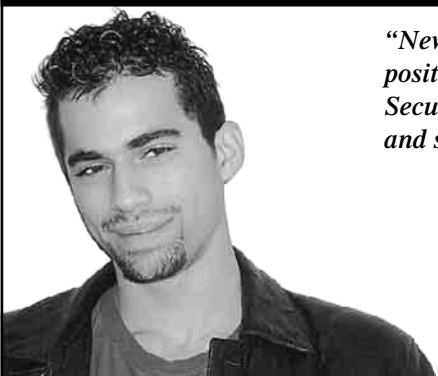
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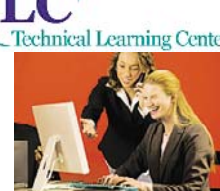
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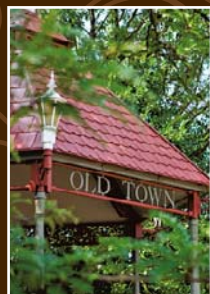
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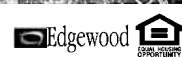
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Trends

Colleges do away with cafeteria trays to cut costs and save energy

Crammed on middle linebacker Derek Walker's plate are beef, mashed potatoes, gravy, corn, spinach and a roll.

In the other hand, he balances a salad and a bottle of hot sauce. He lumbers through the small, table-filled cafeteria and plunks down without spilling a drop.

All without a tray.

"You've just got to do with what you have," Walker said.

Glenville State College in West Virginia has joined an increasing number of colleges and universities that have shed their cafeteria trays.

In drought-stricken Georgia and North Carolina, the goal is to conserve water by lightening the load on dishwashers. Other schools are trying to cut down on wasted food and conserve energy. Proponents, including major food vendors, say it also reduces the use of water-polluting detergents.

But no trays?

"If a college is looking to go green, they need to start looking in the dining facility."

MONICA ZIMMER, SODEXO

Students will have to find another way to sled in the winter. And imagine the surprise of Bluto Blutarzky, who piled his tray high, using some of the grub to start a food fight in the 1978 film, "National Lampoon's Animal House."

Advocates of the trayless cafeterias say if students can't pile on

the food as Bluto did, they might consume fewer calories and keep off those unhealthy pounds often gained in college.

Try telling that to hungry coeds who simply make more trips to the counter.

"I'll just keep coming back for seconds," said Jeff Lyke, a freshman at Glenville State, which started going trayless in April to coincide with Earth Day.

"It speaks well for our institution's consciousness in preventing an otherwise needless waste," said Glenville President Peter Barr.

Convincing the central West Virginia school's nearly 1,400 students, however, could take time.

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TRAYLESS WONDER: A student carries food in the cafeteria at Glenville State College, which has gotten rid of food trays.

Balancing Act



Glenville State College student Rebecca Riffle eats lunch in the school's cafeteria.

"I think that's kind of ridiculous," said freshman Rebecca Riffle, who used a legal-size notebook to help carry her plate to a table. "Whenever there's a bunch of people here at one time, it gets crazy. You have people bumping into you, so if you're balancing stuff, you're going to end up dropping something or breaking something."

But students all over the country might have to get used to it.

Fifty to 60 percent of Philadelphia-based Aramark's 500 campus partners and 230 of the 600 colleges and universities served by Gaithersburg, Md.-based Sodexo are expected to dump their trays, company officials said.

At least 23 of the 625 schools belonging to the Okemos, Mich.-based National Association of College & University Food Services have adopted the idea so far. Most of those schools operate their food services independently.

It's too soon to measure cost savings nationwide. But five times

more energy and water are consumed in dining halls than any other square foot on college campuses, said Sodexo spokeswoman Monica Zimmer.

"So, if a college is looking to go green, they need to start looking in the dining facility," Zimmer said.

Georgia Tech, whose enrollment is 18,000, has saved 3,000 gallons of water per day without trays, she said.

The 50,000-student University of Florida estimates it will save 470,000 gallons annually. At the 2,000-student University of Maine at Farmington, which went trayless in February 2007, the tally is 288,000 gallons, said Aramark spokesman Dave Gargione.

Some schools are experimenting in a few trayless cafeterias before going campuswide.

"This is gaining steam all over the country," said Gail Campana, director of publications and marketing for the food services association. "It's going faster in some places than others because you have different cultures and different ways that universities do things."

Fortunately for Blutarzky, the University of Oregon's Erb Memorial Union, where Belushi's famous food fight scene was filmed, still makes trays available. JOHN RABY (AP)

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SOUND BETS

One and Done

The Verve has reformed after an eight-year hiatus. The musicians seemed primed to write more bitter-sweet symphonies, and singer Richard Ashcroft could rebound from a solo career that fell flat. But Christopher Porter takes out his ball-pen hammer and smashes the band's new CD, "Fourth." | COMING UP



CD REVIEW

Video Game Metal

Afton Lorraine Woodward says if you don't already know DragonForce, keep on moving. But if you like dressing up in Viking hats and banging your head to songs about medieval battles for the cosmos, then the band's "Ultra Beatdown" CD might be for you. | COMING UP

MUSIC

Liner Notes

In order to open itself up, Blues Traveler guitarist Chan Kinchla said the band tried some new methods — and a jam session with Bruce Willis — while recording its ninth album, "North Hollywood Shootout." Kinchla gave Rudi Greenberg a tour of the group's latest CD. | COMING UP



comment board

“I certainly hope so. Clinton supporters who vote for McCain would be cutting off their noses to spite their faces. So your candidate didn't win. Deal with it.”

COMMENTER VEGGIETART, WHO ADDED, “HAD CLINTON HAD WON THE NOMINATION, I SURE AS HELL WOULDN'T VOTE FOR MCCAIN!”

“No way. Anyone who paid attention to how nasty the Obama supporters were to the Clinton supporters would realize that only Clinton as the vice president could heal this open wound.”

COMMENTER CHRIS, WHO ADDED, “[HE] CHOSE TO IGNORE IT AND MOVE ON ... A BIG MISTAKE.”



“Speaking as a Hillary supporter, of course the Democratic Party will unify behind Obama. Not all of us are turncoats like the former Hillary supporter who is now in a McCain campaign ad.”

COMMENTER NANCY, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “DO YOU THINK THE DEMOCRATIC PARTY WILL UNIFY BEHIND BARACK OBAMA AT THE CONVENTION?”

poll center YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK THE DEMOCRATIC PARTY WILL UNIFY BEHIND BARACK OBAMA AT THE CONVENTION?

YES 68%

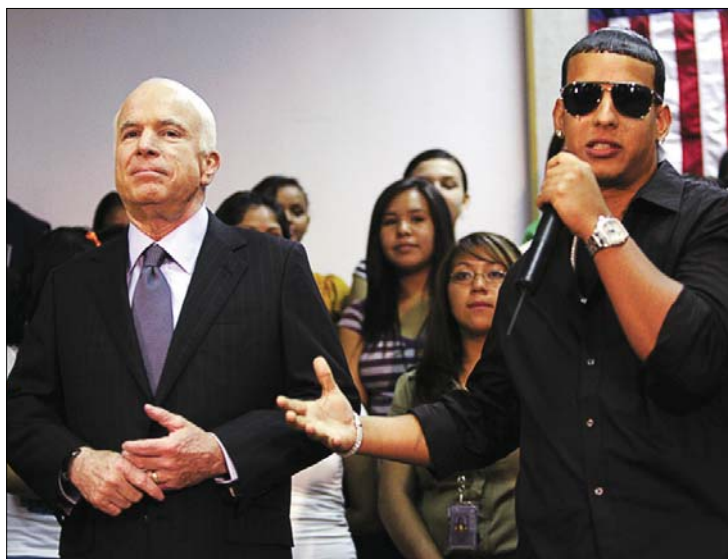
NO 32%

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

“Watching my dad eat is like watching a heroine addict shoot up. My mom is the dealer and the enabler. The food will kill him like any other drug.”

IAM AVERAGE JANE.WORDPRESS.COM IS WORRIED ABOUT HER FATHER'S FOOD CONSUMPTION, ADDING, “THERE ISN'T A THING I CAN DO TO STOP IT. I GUESS THAT MAKES ME THE NARC.”



MARY ALTAFFER/AP

“Ludacris is a gangsta rapper, but Daddy Yankee, whose lyrics are equally misogynistic and violent, is a ‘Latin star’?”

A COMMENTER AT **BLOGS.ABCNEWS.COM** DOES NOT THINK JOHN MCCAIN SHOULD GET A PASS FOR REGGAETON ARTIST DADDY YANKEE'S ENDORSEMENT, ADDING, “THIS IS A BLATANT DOUBLE STANDARD!”



“WHEN SOME WOMEN look at what Obama has achieved, they see the younger, sometimes-not-quite-as-qualified man in their office who was promoted before them.”

PUNDITMOMI.BLOGSPOT.COM UNDERSTANDS THE CHALLENGE MANY FEMALE HILLARY CLINTON SUPPORTERS FACE IN VOTING FOR BARACK OBAMA IN NOVEMBER.

“My favorite is so-and-so went from ‘engaged’ to ‘divorced.’ ... That one’s rare like Haley’s Comet. But when it happens, it’s a must-see event. [It] makes me think people are [fighting] while simultaneously updating their status on Facebook.”

INNERLIMITS.BLOGSPOT.COM LOVES HAWKING HER FRIENDS' RELATIONSHIP STATUSES ON HER FACEBOOK MINI-FEED.

Discussions

Dem Convention

Washington Post chief political reporter **DAN BALZ** was online live from the Democratic National Convention in Denver on Monday.

Is Biden really as poor as reports I have read — net worth less than \$200,000? Does he really ride the train to work? This seems kind of unusual.

I haven't rechecked his financial disclosure forms since the announcement, but Sen. Biden is not a wealthy man. He's spent his entire adult life in the Senate and did not come from money. And, yes, he does ride the train home each night. Very unusual, and you'll be hearing much about it.



Joe Biden in the Wilmington, Del., train station he goes through in his commute.

If one wanted to try to catch a glimpse of some Washington Post/Slate journalists one of these evenings, where would they go to do that?

We work very long hours, mostly in tents next to the convention site, and then we are ordered by our editors to return immediately to our hotel rooms and prepare for the next day. Seriously, there's no one place to find

Post folks or other journalists. The truth is we will be working at the Pepsi Center and our work space until late each night.

It seems to me the Obama campaign made one of its rare procedural blunders in the way it handled the Biden announcement. The campaign said it was going to text-message supporters first. I'm a supporter, and I got my text message at 2:45 a.m. What was the point of that?

I think what happened was inevitable. The campaign will tell you that the “official announcement” came in that text message. But with the decision made, there was no way the media was going to sit back and await the message.

TODAY ON DISCUSSIONS:
Post Gardening editor Adrian Higgins offers advice on caring for plants in the August heat at 11 a.m. | washingtonpost.com/discussions.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


It's great to get away from it all, except for the crowds.

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) Do you really have time to indulge in a whim? Don't turn your back on your responsibilities. Concentrate on assignments.

LIBRA (Sept. 23-Oct. 22) Now is not the time to pass the blame to others, when, in fact, you are solely responsible for what has happened to you in recent days.

SCORPIO (Oct. 23-Nov. 21) Now is the time to roll up your sleeves and get involved in something on a more personal and direct level. Don't hold back.

SAGITTARIUS (Nov. 22-Dec. 21) Personal skills are improving at this time, and you'll have the chance to put your newfound social graces to the test.

CAPRICORN (Dec. 22-Jan. 19) That which appears most difficult is likely to be most attractive to you as well. The harder you have to work, the happier you are.

AQUARIUS (Jan. 20-Feb. 18) You may find yourself racing against the clock.

Don't become sloppy and leave some things undone.

PISCES (Feb. 19-March 20) Appearances aren't everything, but focus on them for a time while you are gaining a new level of self-confidence.

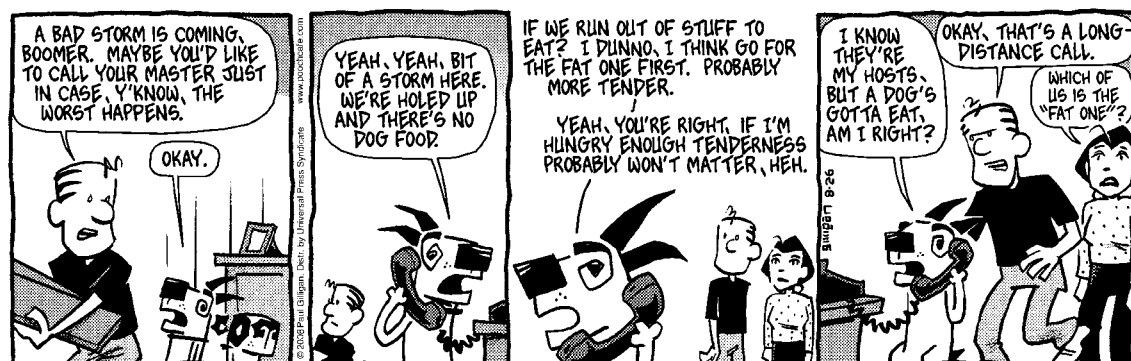
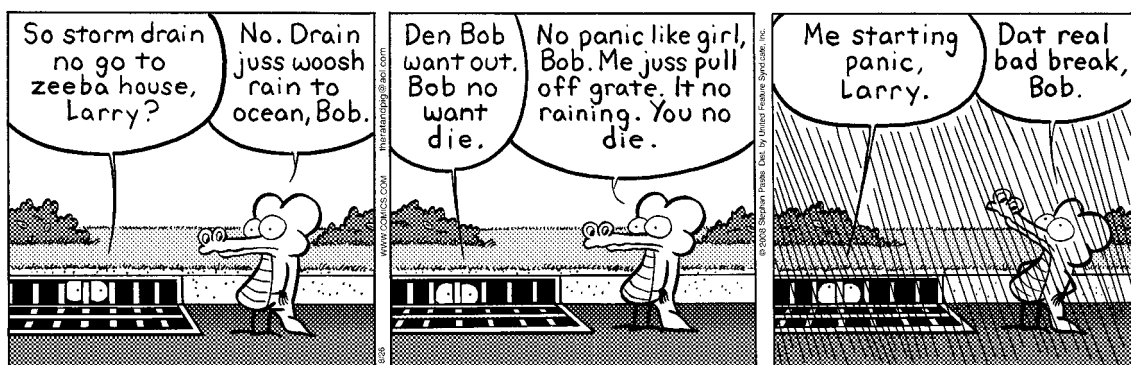
ARIES (March 21-April 19) Are you sure that your boss is happy with the new you? It may be that he or she thinks you've been overdoing it; you may want to cut back.

TAURUS (April 20-May 20) As you watch others go about their business, try to remind yourself that you are just a little different. Make adjustments.

GEMINI (May 21-June 20) Dangers lurk around each and every corner, but you can avoid them if you simply take the time to plan ahead. Expect the unexpected.

CANCER (June 21-July 22) This is a good day to promote all cooperative works. Team efforts are especially favored during the afternoon hours, before dark.

LEO (July 23-Aug. 22) An early start will enable you to get results before anyone else, putting yourself in the running for some important personal rewards.

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Letters

Age Jokes Are Getting Old

PLEASE GIVE THE jabs at people over 35 a rest. Every mention of Paul McCartney, et al. is a joke about their current state of irrelevance ("He'll Corrupt the 5 Israeli Youths Who Know Who He Is," Aug. 25). The headlines used in EyeOpeners

and People display a lack of reference material and a blogger's thought process based on one-upmanship. Be careful. What if we — the 35-and-over crowd — stop reading? We are living longer and don't want to be mentioned with disdain by writers who are so consumed with their youth that they don't acknowledge those who paved the way.

—CHERYL MCCULLERS
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

55 B.C. Roman forces under Julius Caesar invade Britain but achieve limited success.

1883 The island volcano Krakatoa begins cataclysmic eruptions, leading to a massive explosion the following day.

1920 The 19th Amendment to the U.S. Constitution, guaranteeing American women the right to vote, is certified in effect by Secretary of State Bainbridge Colby.

1958 Alaskans go to the polls to overwhelmingly vote in favor of statehood.



The Hawaii Superferry debuted in 2007.

1978 Cardinal Albino Luciani of Venice is elected the 264th pope of the Roman Catholic Church following the death of Paul VI. The new pontiff took the name Pope John Paul I.

2007 The Hawaii Superferry made its maiden run from Oahu to Maui, the first passenger ferry service between the islands.

LOOK

out

People



Amanda Bynes' dress overfloweth.

ACCIDENTS

Shia LaBeouf's Car Crash Soooooo Much Better

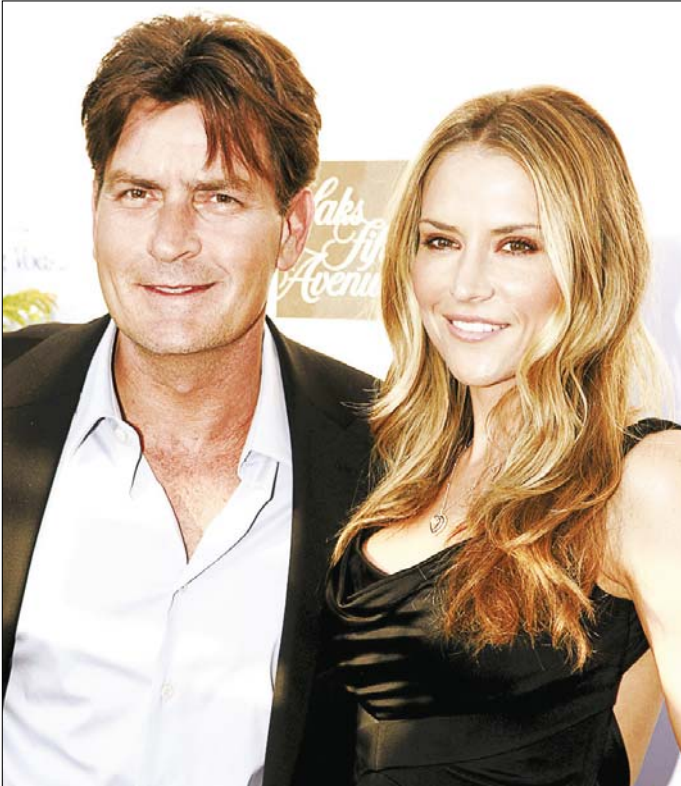
AMANDA BYNES caused a car accident Saturday in Hollywood after turning left in front of another car, E! reported. A spokeswoman for the LAPD said there was no evidence of drugs, alcohol or any crime, and that there were no injuries. (AP)

BROKEN MIRRORS

Bad Luck Begins With Foot, Ends With Career in Ruins



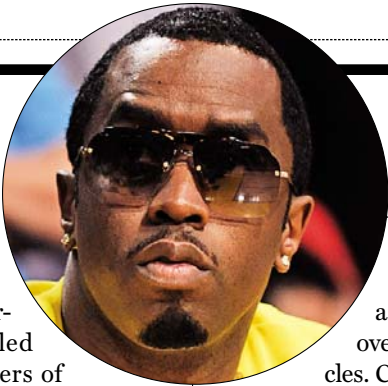
KIM KARDASHIAN landed in the emergency room Sunday after cutting her foot on a broken mirror, E! reported. She told "Good Morning America" that there was so much blood, it "was like a murder scene." (EXPRESS)



DADS

It's Him Again

CHARLIE SHEEN is expecting a child, his fourth, with wife Brooke Mueller. "Brooke and I are thrilled!" the star of "Two and a Half Men" said in a statement. "She's the best stepmom Sam, Lola and Cassandra could ever hope for. Seeing her love and affection with those three, I know she'll be an amazing mom. Unless I bat 100 percent, perhaps a boy awaits us." (Sheen has three daughters.) (AP)



RULES

Rash Young Deputy Unaware Of Unspoken Conduct Code

A Los Angeles sheriff's deputy pulled a gun on members of DIDDY's entourage during a routine traffic stop Saturday, but the situation was quickly resolved, and a spokesman for the entertainer said the deputy was professional and respectful. Diddy was travel-

The law's arm is long, but Diddy is out of reach.

ing in a seven-car convoy when a deputy pulled over one of the vehicles. Combs was not in the car that was stopped for having an expired registration tag. Sheriff's spokesman Steve Whitmore says the deputy became concerned when several men approached the vehicle. (AP)

SELF-HATE

Prosecutors Disgustedly Reduce Charges Against Dick

Prosecutors say they won't charge ANDY DICK with sexual battery stemming from his arrest last month. The actor is still scheduled to face a judge later this week on misdemeanor drug possession and battery charg-



es. But he escaped felony charges after prosecutors reviewed video of the incident. A teenage girl accused Dick, 42, of pulling down her top at a restaurant in July. (AP)

LUCK

Singer Survives Plane Crash

The lead singer of the Barenaked Ladies and three other people survived a plane crash in rural Ontario. ED ROBERTSON's Cessna 206 float-plane crashed in a wooded area on Sunday afternoon as he was trying to take off. No one in the plane was injured. (AP)

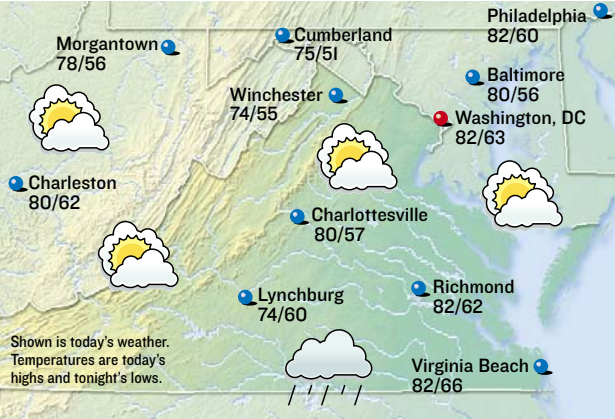


Ed Robertson and his former plane.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, comfortable	Partly cloudy	Increasingly cloudy	Mostly cloudy, rain possible	Partly sunny, a t-storm possible	Partly sunny, t-storm possible
82°	63°	75° / 66°	78° / 67°	79° / 69°	88° / 68°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 90°

Low 73°

Normal high 85°

Normal low 67°

Average humidity 53%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 0.56"

Normal month to date 2.75"

Year to date 32.88"

Last year to date 20.84"

Normal year to date 25.68"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny, comfortable. High 82. Wind northeast 7-14 mph. Tonight, partly cloudy. Low 63. Wind east-northeast 4-8 mph.

Sun and Moon

Sunrise today 6:32 a.m.

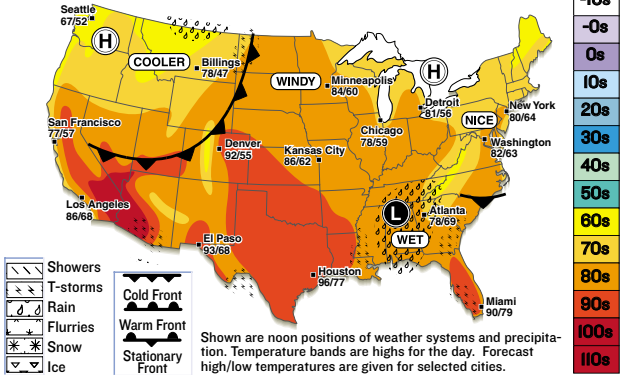
Sunset tonight 7:47 p.m.

Moonrise today 1:24 a.m.

Moonset today 5:12 p.m.



National Weather for Tuesday, August 26



National Cities

City	Today	Wed.
Atlanta	Hi/Low/W 78/69/t	81/68/t
Boston	74/58/s	76/59/s
Chicago	78/59/s	82/55/s
Dallas	96/75/pc	97/75/s
Denver	92/55/pc	84/57/s
Honolulu	89/74/s	89/76/s
Los Angeles	86/68/pc	86/66/pc
Miami	90/79/t	90/79/pc
New York City	80/64/s	78/66/pc
Orlando	92/76/t	92/76/t
Seattle	67/52/pc	65/53/c

World Cities

City	Today	Wed.
Amsterdam	Hi/Low/W 68/57/pc	72/59/pc
Athens	92/76/s	89/69/s
Berlin	72/57/c	77/59/pc
Buenos Aires	75/57/s	64/50/sh
Calgary	60/42/sh	62/43/c
Dublin	64/54/sh	66/52/pc
Geneva	77/55/pc	80/55/pc
Moscow	63/54/r	64/50/pc
Rome	82/63/pc	83/64/pc
Sydney	66/50/pc	59/51/pc
Tokyo	83/73/r	82/74/t

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOKout

CROSSWORD | BAND STAND

ACROSS

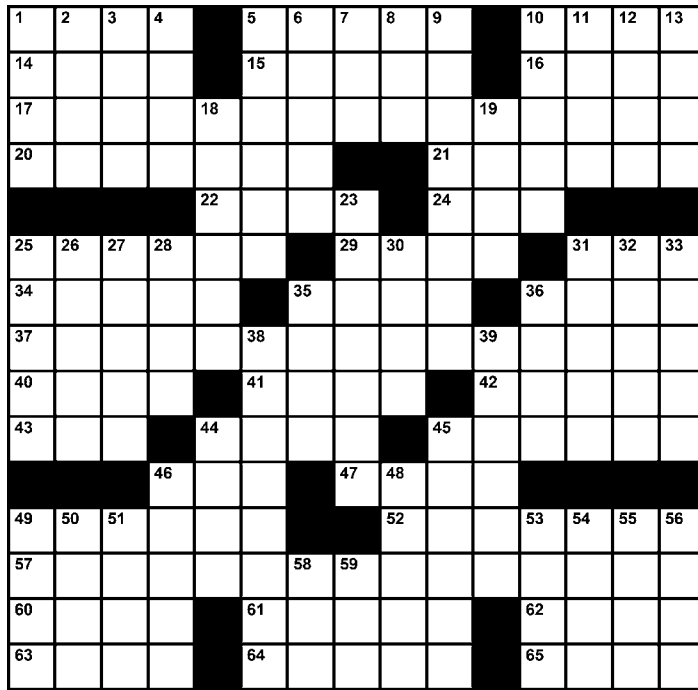
1 Stiff in the joints
5 Be chromatically incompatible
10 Gift or thrift, e.g.
14 Zoning board calculation
15 Gaucho's cow-catcher
16 Actress Daly
17 Unpleasant alternatives, figuratively
20 Gonzaga University site
21 400-meter participant
22 Damaged by drought
24 Arafat's acronym
25 Ocean abysses
29 Tenpenny, for one
31 King of promoters
34 Where the eagle has landed?
35 Make, as bread
36 Trigonometric function
37 What a percussion store does?
40 Subordinate staffer
41 Bombard
42 You can take his word for it
43 Lead-in to a sheepish excuse
44 Away from the wind
45 Labor savers
46 ____ Lanka
47 Thumb-to-pinkie distance
49 Spurn

52 Be a cutup?

57 Exerts control
60 Arduous voyage
61 Online letters
62 Words with "sleep" or "step"
63 Covers with turf
64 Loony
65 Comfy piece of furniture

DOWN

1 Comments to a doctor
2 It's harvested
3 Derring-doer
4 Remove abruptly
5 Withered hags
6 Career military person
7 1.5-volt battery
8 Transmission type, briefly
9 Tress holders
10 Shorthand specialist
11 Joyous song
12 Treater's words
13 Juicy fruit
18 Beauty pageant wear
19 Break in the action
23 Facilitates
25 Pops for tots
26 Appropriate for Halloween
27 Annoyingly proper one
28 Mag that polls with CNN
30 In ____ (going nowhere)
31 Mexican painter



EDITED BY TIMOTHY E. PARKER

Rivera

32 Dawning

33 Egg containers

35 What one carries

for parries

36 Highbrow

38 Raised the spirits

39 One whose work is decreasing?

44 Canine clamor

45 With riveted

attention

46 Makes a pouty face

48 Presume

49 Detailed accts.

50 Prefix with

"dollar"

51 Extorted money

from

53 Grande et al.

54 A.D. part

55 End-of-the-wk. phrase

56 "Como ____

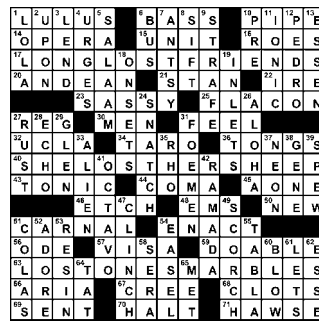
usted?"

58 Clinical letters?

59 Proceed after

grace

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su[doku]?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

4	3	8	1	9	2	5	6	7
7	1	6	4	8	5	9	3	2
2	5	9	7	3	6	8	4	1
9	7	1	2	6	4	3	8	5
8	6	2	3	5	7	1	9	4
5	4	3	9	1	8	7	2	6
1	8	7	6	4	9	2	5	3
3	9	4	5	2	1	6	7	8
6	2	5	8	7	3	4	1	9

	5					9	1
1	8			2		3	
					2		
		7			6		
	4	3		8		7	
		7		4			
		2					
	9			6		2	5
8	3					4	

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GETTY IMAGES

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

A Conniving Third Wheel

Q My live-in boyfriend of almost three years constantly puts a married ex (he says she's only a friend, though she cheated on him and dumped him after three months) above me. He lies to spend time with her, and she constantly meddles in our relationship; he has even accused me of creating friction between them. We've tried couples counseling, but it doesn't seem to help. The times she doesn't call, things are great between us. Should I just give up? — NO NAME

I'm wondering whether couples counseling didn't work because you aren't really a couple. I hate being this harsh, but it seems like your boyfriend's ex is just as big a presence in this relationship as you are.



ERIC REECE

I'm truly sorry about the counseling, but my guess — and this is just a hunch, sort of like my inkling that those dudes with the rubber Bigfoot weren't exactly rocket scientists — is that your "boyfriend" didn't make it a priority and wasn't

willing to make real goals, be open, change his communication patterns or even — ahem — act like a real participant.

It's time to be honest with yourself. Going to a few sessions on your own, whether with the couples

counselor or someone new altogether, can help give you the objectivity to realize that you're giving so much emotional energy to a relationship that's not giving you much more than gastrointestinal distress in return. Most importantly, it can give you the support you need to make changes.

Saying 'Yes' To Saying 'No'

Q I have an extreme amount of trouble saying no. I want to learn, yet I also don't want my relationships, or the house I live in, or the organization I work for to go to pot. — HELP!

Funny how it's always the people who have trouble saying no who write in or seem to read women's magazines. I suppose the folks who rely on everyone else to clean up their messes (literally and figuratively) are busy trying to convince

someone else to write or read for them!

Seeing your pattern is a great first step. Now you must figure out why you behave this way — the usual suspects are an overactive guilt reflex, wanting everyone to be thrilled with you every minute of every day, needing the control of not delegating, and equating your self-worth with your utility to others. The second step is to fight these obstacles in the moment. Take it one doormat situation at a time and try to track your thoughts and feelings as you exercise your assertiveness and acclimate to letting people mess up for a while. To help with day-to-day goals of change and awareness of the emotions behind the habit, try journaling. (I figured I'd assign you a task to really get things moving!)



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

For more information please visit: www.tm.org
Or call: 888 LEARN TM

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JUMP START

Pirates, your days of owning the eye-patch look are over. Meet replacement Michael Olajide Jr., a boxing champ whose new DVD "Aero Jump/Sculpt" (\$25, Aerospaceny.com) focuses on the fat-burning potential of the jump rope. You'll hop on one leg, slow your spin down so you can squat and criss-cross your arms for more than an hour. Ah-OY.

**BEER RUN**

We never thought we'd see an ad featuring Jessica Simpson with the word "SMART" nearby, but the blond singer is promoting Stampede Light Beer, a vitamin-enhanced brew marketed to fit people. So, we sipped, and our testers did decree it refreshing — but like water, or perhaps Perrier Lemon.

**WARD WARDROBE**

Being stuck at the hospital is bad enough, so why do you have to wear a flimsy sheet that shows off your rear? RxPJs' Maxie Robe (\$72, Rxpbs.com) aims to bring back patients' dignity with a more modest garment that unzips quickly when it's time for the doc to swing by.

**EAU D'ARMPIT**

Sensitive skin is no excuse to be stinky, so Tom's of Maine has created an aluminum-free armpit balm from chamomile and hops that's environmentally friendly (and won't make your sweat smell like beer). Instead, the Sensitive Care line (\$5.49, Drugstore.com) gives off whiffs of refreshing cucumber-grapefruit, spicy bay-lime or nothing at all.

**GUINEA PIG****Mold School**

■ It's not that this tester's bathroom smelled "bad," but with no windows or a fan, it wasn't quite as fresh as one might desire. And maybe it's a bit of a mold factory.

So, it seemed like the ideal environment for the Germ Guardian UV-C Air Sanitizer (\$70, Germguardian.com). The space age-y cylindrical device glows blue, makes a faint whirring noise and supposedly zaps airborne germs and odors at a rate of 450 cubic feet per hour. And it does this without producing ozone, which can be one of the nasty side effects of UV-C.

While a 24-hour test run wasn't able to prove its ability to kill tuberculosis, streptococcus or influenza-A — at least we hope none of that entered the bathroom in that time — it worked magic with odors (and, no, we don't mean specifically the kind you're thinking of, although it did quite well with those, too). Within an hour, the scent was noticeably more lovely. People entering the bathroom took deep sniffs and exhaled with wide smiles, which we realize is creepy but speaks to our larger point: The thing might just work.

Plus, that blue glow means it doubles as a night-light. And the faint noise? It masks unpleasant sounds. We might need one for every room in the house.

VICKY HALLETT (EXPRESS)



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ON THE RUN



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Watch Your Step

■ Running over uneven terrain? Barbara Brehm, chair of the department of exercise and sport studies at Smith College, suggests this exercise to stay balanced: Get on your hands and knees. Keeping your back flat and abs tight, raise your right arm out in front of you and your left leg straight behind you, both parallel to the floor. Hold for 30 seconds. Do three reps on each leg four times a week.

Pick landmarks pre-run to avoid getting lost, says Sherry Litasi, president of the Rocky Mountain Orienteering Club. Start with a large boulder or tree, then take off. When you get there, stop, pick another point, and go. Repeat until you reach your target.

Lead with your hips when running uphill, Litasi says. Fight the urge to bend forward at the waist: Staying upright will keep your chest open and allow you to get more oxygen. And avoid locking your knees and take long strides when running downhill for less chance of falling, Litasi says. As you go, alternate glances ahead and at the ground in front of you.

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LAWRENCE LUK

Kelly Lovallo, far right, perkily tells her class how to glide along the floor while keeping their BOSU Ballast Balls up in the air.

Time to Play Hardball

The world is not flat, though your tummy will be after this class

Waiting for a class to teach you to tumble like the Chinese, sprint like Jamaicans and lift weights like burly citizens of the former Soviet block? Hang on just a bit longer, because “Global Conditioning,” despite the name, isn’t exactly international — although it does speak the universal language of sweat.

What It Is

Take a regular inflated stability

ball, sneak a few handfuls of a sand-like substance inside, and, voila, you have the BOSU Ballast Ball. It does everything its air-filled brethren can do, but the addition gives it two distinct advantages. One, it’s heavier (4 pounds instead of 2, which sounds like a small difference but feels like a vast one). And two, when you put it on the ground, it doesn’t roll.

Instructor Kelly Lovallo likes the stuff inside because it lets her know just how hard her students are working. “For visual feedback, I want to see the sand go all the way to the top of the ball,” she says. If they’re moving quickly and vigorously enough, the effort

is audible, too — kind of like giant maracas. So, Lovallo has a simple directive for what should happen in each session: “We shake it, rotate it and shift it.”

Moves

“Are we having fun yet?” Lovallo inquires while bouncing up, down and around on a ball (while bracing her core) during a warm-up.

Injecting some silliness into exercises certainly helps lessen the pain. A favorite involves doing a push-up on the ground next to a ball, rolling on one’s back over the ball, performing a push-up on the other side and repeating.

“You couldn’t do that rollover with a traditional stability ball,” she says. “People would get injured

and fall on their backs.”

Of course, much of what she teaches could work with any ball — push-ups with feet on the ground and hands on the ball, rolling between push-up and pike position

“It was a different experience. After ... awhile, it feels like 20 pounds.”

(with feet on the ball and hands on the ground), or bicep and triceps curls while in a squat with the ball pressed against the wall. But she tosses in plenty of exercises that require lifting, which provides a more intense burn.

Workout

Although Lovallo points out that these balls are particularly well-suited for the elderly and those new to exercising — because they don’t roll away — this isn’t a class for total beginners. (Please refer to the earlier section on push-ups.)

Student Ellen Gipko of Vienna, Va., went to a recent class expecting a cardio workout but was surprised at how much endurance keeping the ball elevated required. “It was a very different experience. After you hold it awhile, it feels like 20 pounds,” she says.

Crowd

All female, all attractive, all friendly. Um, did you guys out there catch that? VICKY HALLETT (EXPRESS)

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work
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FOR RUNNING Danny Dreyer, author of “ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running,” recommends closing your lips, and breathing in sharply and deeply through the nose. Then purse your lips, as if you’re trying to blow out a candle, and exhale through your mouth. As you run, breathe in for one step and out for two. “It helps you take in more air when you inhale and empty your lungs completely when you exhale,” he says.

FOR YOGA Elena Brower, owner of Virayoga in New York City, uses the Hindu breathing method called ujjayi. First, inhale once with your mouth open and then exhale the same way, making a “ha” sound. Then close your mouth and continue making the same sound while inhaling and exhaling through your nose (you’ll sound like Darth Vader). “Your breathing is the barometer of all your poses,” Brower says. Gasping for air? Back out of the pose.

FOR STRENGTH TRAINING Tom Holland, exercise physiologist and personal trainer in Darien, Conn., encourages exhaling through your mouth when you lift (for two seconds) and inhaling through your nose when you lower (for three to four seconds). Focusing on your breath makes you more likely to pay attention to overall form, Holland says.



ISTOCKPHOTO

FOR CYCLING “The key to breathing on a bike is to go in through the nose and out through the mouth — and to be as relaxed as you can be,” Holland says. When your intensity increases on climbs or long rides, breathe more forcefully: deeper, quicker inhales through the nose and rapid exhales through the mouth. “Relaxed breathing conserves energy and improves endurance,” he says. And using forceful breaths when you’re beat will get more oxygen to your muscles. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



This woman is truly on the ball — that's a stability ball she's using as a weight bench, and a medicine ball in her hands. Below, a couple demonstrate BOSU crunches.

Take Me Out to the Ball Game

Exercising these days often means working with spherical objects

Just about everybody at the gym these days is having a ball — giant inflatable balls, domed BOSU balls and a host of other spherical workout objects. “It’s a little ridiculous,” says Sarah West, a trainer at Results Gym (Results.thegym.com). “But you really do have to work your core, so a lot of the new equipment has to do with unstable surfaces.”

The big daddy of them all — both in terms of size, popularity and usefulness — is the stability ball (aka fitness ball, Swiss ball, Resist-a-Ball and exercise ball), an inflated globe between 55 and 75 centimeters in diameter. “You can sit on it to do weights, flip around to do push-ups. Some people who are super-athletic even stand on them,” says Janet Lee, fitness director at Self magazine. “It’s a must-have for a home gym.”

It’s the rare piece of exercise equipment that has the ability to make a workout either harder or easier. West offers, for example, the dumbbell military press, which

involves holding the weights by your shoulders and lifting straight up. Now try it again while leaning forward on a stability ball, with your hips and abs supported. Gravity getting you down yet?

On the flip side, folks with bad knees who can’t do squats may find that putting a ball against the wall and rolling downward lets their body perform the motion without joint pain. Arja Pirinen, head of Pilates for Results Gym, says beginners have an easier time with the roll-up (a sit up from a lying down position with arms above your head) if they’re grasping a smaller stability ball in their hands.

West likes swapping weight benches for balls — they support just the client’s head, neck and shoulders, while the legs are bent at a 90-degree angle, forcing the client to use the hips and core to keep the lower body steady. In that position, you can do any number of lifting moves, including ones that use medicine balls.

“They take the place of something you’d do with a dumbbell,” explains Lee. But the shape makes them a better choice for partner exercises. “For passes, you don’t want to be chucking a dumbbell,” notes West. And they’re easier to grip for moves that require dynam-



ic movement, like a lunge with an upper-body twist, which targets the obliques.

The BOSU Balance Trainer proves even just part of a ball can do a body good. They’re flat on one side and domed on the other, and either end provides all the shaky surface a person could ever need. For beginners, Lee recommends starting with the dome. “Close your eyes and even just stand on a BOSU. Progress to one foot, and when you feel comfortable, then you can start moving,” says Lee, who likes to flip it over for a wobbly push-up platform.

And then there are the lesser-

known — but just as beloved — reaction balls, a favorite of West’s for athletic training. “It looks like you’ve taken six balls and melded them

“For passes, you don’t want to be chucking a dumbbell.”

together,” she says of the lumpy item, which bounces unpredictably, forcing users to scramble about trying to keep up. For tight muscles, you might want to rub yourself down with soft foam myofascial release balls, massaging away tension. And while it’s easy to be suspicious of Bender Balls, an infomercial product that promises to help make your crunches more effective, West is a believer in sticking the small, squishy ball under the small of your back to allow a wider range of motion.

But Pirinen has a piece of advice for anyone ready to get in the ball game: “Some people want to use a ball for everything. But not every move needs to be unstable.” Solid ground has its place, too, for those who want to be truly well-rounded. VICKY HALLETT (EXPRESS)

TRAILBLAZER



A Bike-Partisan Effort Succeeds

■ Delegates, reporters and politicians flooded into Denver, Colo., this weekend by car, plane, train and bus. Except for the 1,000 cyclists who arrived Sunday — and left bikes provided by Schwinn, Trek and Fuji for attendees of the Democratic National Convention to use for free. Their agenda? “We’re shooting for 10,000 rides, 25,000 miles, half a million calories burned and 12 metric tons of carbon offsets,” says Nate Kvamme, a director in the Innovation Center of health-benefits provider Humana. The idea he’s been working on for more than a year is finally a rolling reality, co-sponsored by the cycling advocacy group Bikes Belong.

The program will be available for Dems through Thursday and kicks into gear for Republicans in Minneapolis/St. Paul, Minn., Sept. 1-4. Interested parties can register ahead at Freewheelinwayto go.com, or pick up a cruiser at seven stations (see site for a map) from 7 a.m. to 7 p.m. Each bike has a cycling computer that will upload a pedaler’s total mileage, calories burned and carbon offsets to a personal Freewheelin’ page.

Ann-Marie Luciano, an Obama delegate for Maryland’s 6th District, doesn’t normally cycle but says she’ll saddle up in Denver. “The hotel I’m staying at is 20 minutes from the convention. ... It would be perfect.” For Virginia House Delegate Jeff Frederick, it’s a tad more complicated. As chairman of the state’s Republican Party, he’s provided a car, yet he’s also an avid cyclist. “I’ve got events coming out of my ears,” he admits. “I wouldn’t mind if I had an opportunity to go do whatever I wanted to do. It would be great to take a bike and cruise around a little bit.” KRIS CORONADO (EXPRESS)

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Make Your Meal a Perfect 10

Simple things you can do to make your eats more nutritious

1. SWAP THE MAYO (or the sour cream) for nonfat Greek yogurt, which can serve as a great low-fat substitute and has many health benefits, such as being high in calcium and protein, and containing probiotics. It makes a creamy dip for veggies (use 1 cup nonfat plain yogurt, lemon juice, salt, pepper and your favorite fresh herbs and spices) or a lighter chicken salad (dice 5 ounces grilled chicken and toss with 2 tablespoons nonfat Greek yogurt, 1 teaspoon Dijon and 1/4 diced apple).

2. PURÉE YOUR FRUITS AND VEGETABLES. You can do this in large batches, and then freeze them for up to three months. Freezing them in ice cube trays will allow you to defrost the perfect amount needed.

Apples: Dice six apples (with skin) and simmer with 1/4 cup water until soft. Use a hand blender or food processor to purée to desired consistency. Spread over whole-wheat toast or add to cottage cheese for added sweetness and fiber.

Sweet potatoes: Peel, cube, boil and mash. Add a touch of vanilla extract to eat as a creamy snack, or use the purée as a base for a delicious sweet potato soup.

Beans: Adding white, garbanzo, black or kidney beans to meatballs or turkey burgers boosts your fiber and protein intake.

3. PUMP UP THE VOLUME. It'll help you feel full for longer. But don't know how to do that without adding calories? Start by using the blender. Blending your food increases the air content and serving size of your meal. Try putting your morning banana and cup of nonfat plain yogurt into the blender with 1 cup of crushed ice, and blend until smooth. You can also drink green tea while cooking. It will help you fill up, and you'll benefit from the added antioxidants. And add veggies to everything! Add extra lettuce and tomatoes to your sandwiches, an extra handful of spinach to your salads, broccoli to your pizza, and tomatoes and mushrooms to your morning omelets.

4. GO FOR CHICKEN STOCK (use the low-sodium kind). Use it instead of butter or cream to make mashed potatoes. Steam veggies in chicken stock for added flavor instead of using butter or oil.

5. USE CONDIMENTS. Try flavoring fish with spices and a small amount of mustard and lemon juice instead of butter and cream sauces. Instead of seasoning veggies, meat, fish and poultry with salt, use herbs, such as thyme, rosemary, oregano and basil. Sick of the same old grilled chicken breast for dinner? After marinating the bird in garlic and lime juice, grill it and top it with your favorite salsa for a Southwestern twist. Herbs and spices have also been shown to be antioxidant-rich, thus providing anti-cancer benefits.

6. INDULGE IN YOUR CRAVINGS by mak-



Skimp on the salt and flavor your dishes with herbs like rosemary, basil and thyme.

ing healthier versions of your favorite restaurant items.

Pizza: A slice made with a whole-grain crust, low-fat cheese and tons of veggies is a healthy meal. Or try "pizzettes": Top 2 fiber crackers with 1 tablespoon marinara sauce and sprinkle grated Parmesan cheese. Microwave for 15 seconds.

Burgers: A turkey burger on a whole-wheat bun with lettuce, tomato and sweet potato fries satisfies. For the fries: Halve a sweet

potato and cut it into 1/8-inch strips. Place on baking pan sprayed with olive oil cooking spray. Sprinkle with cinnamon or sea salt. Bake at 350 degrees for 10 to 12 minutes.

Drive-thru meals: Remake your favorite fast-food breakfast by topping a whole-wheat English muffin with scrambled egg whites, reduced-fat cheddar cheese and turkey bacon.

7. PREPARE YOUR MEALS IN ADVANCE so you'll be able to eat well when you're

in a rush. Right after returning from the grocery store, cut up celery, carrots, peppers, jicama and any other veggies you love. Divvy up large containers of cottage cheese and yogurt into smaller, individual portions. Hard-boil your eggs and keep them in the fridge so they are ready to use in a recipe or eat as a snack.

8. 1,2,3 DONE! Having ready-to-eat meals and on-hand ingredients in your home can make food prep easier than figuring out how to turn on the oven! If your kitchen's stocked smartly, you'll be less likely to suffer from the "I don't know what to have for dinner" syndrome. Staples to keep handy: frozen vegetables (broccoli, peas, green beans); canned, diced tomatoes; canned beans; pre-cooked grilled frozen chicken breasts; whole-wheat tacos; frozen veggie burgers; and canned tuna or salmon.

9. DRINK WATER. It's refreshing, keeps you hydrated and can be calorie-free. But if you don't crave a glass, try adding lemons, oranges or berries to give water extra flavor. Or slurp iced green tea: Boil six cups water and let four tea bags steep. Let the liquid cool to room temperature. Then chill it in the refrigerator for a calorie-free water alternative.

10. SNACK WISELY. You don't need to buy those pre-measured 100-calorie packs. When you're cooking, remember that portioned leftovers often make for great snacks later on. Try a 1/2 turkey sandwich on whole-wheat bread with 1 tablespoon guacamole, four small turkey meatballs or broccoli with melted Parmesan cheese. Keri Glassman (reprinted with permission of Women's Health Magazine © Rodale Inc.)

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EATING IN



LARRY CROWE/AP

Spinach Salad With Beets and Walnuts

INGREDIENTS

- 2 bunches medium beets (about 1 1/2 pounds), scrubbed and tops trimmed
- 1 LB spinach, stems removed
- 2 TBSP extra-virgin olive oil
- 1 small red onion, halved and thinly sliced
- 2 TBSP chopped Kalamata olives (about 10 olives)
- 1 TBSP capers, rinsed and minced
- 1 TBSP minced garlic
- 1/2 CUP balsamic vinegar
- Ground black pepper, to taste

2 HOURS, SERVES 6

HEAT OVEN TO 400 F. Place the beets in a roasting pan and cover tightly with foil. Roast until the beets are tender when pierced with a knife, about 45 minutes to one hour. Uncover and let cool for 30 minutes.

Meanwhile, in a small skillet over low heat, toast the walnuts until fragrant, about five minutes. Set aside to cool.

When the beets are cool enough to handle, peel off and discard the skins. Cut the beets into 1/2-inch cubes. Set aside.

Place the spinach in a large bowl. In a medium skillet, heat the olive oil over medium. Add the onion and saute until soft and slightly translucent, three to five minutes. Stir in the olives, capers and garlic, and saute one minute.

Stir in the balsamic vinegar and beets. Cook for five minutes more. Remove the skillet from heat and pour the beet mixture over the spinach; toss well. Season with black pepper and serve topped with toasted walnuts. (AP)

191 calories, 5 g protein, 26 g carbs, 9 g fat, 0 mg cholesterol, 291 mg sodium, 1 g fiber

Wake Up With These Shakes

Throw together disease-fighting morning meals using a blender

Not only is there no free lunch, but there's no free breakfast or dinner, either. Everything you eat has a price — in cash, calories, or useless fat — starting with your first meal of the day. Want to come out ahead when you're barely out of bed? Take a blender, 90 seconds and a few ingredients, and you can drink more good food at breakfast than most guys eat all day.

We've come up with five healthy smoothies, one for each day of the workweek. Each one targets a different problem. They'll help keep you energized, increase your brainpower, protect you from cancer, fight heart disease, and even help you recover from a binge. And they're a breeze to make: Just dump in the ingredients, blend for a minute or two, decant (optional) and drink.

Prostate Protector

This soy-milk-based concoction provides a hefty dose of genistein, a compound that can prevent prostate cancer and an enlarged prostate. Ruby-red grapefruit contains lycopene, the nutrient that reduces prostate-cancer risk by as much as 35 percent. And according to a recent Swiss study, the combination of lycopene and vitamin E (that's what the wheat germ's for) inhibits prostate-cancer cell growth by nearly 90 percent.

PILE IN THIS STUFF:

- 1 cup vanilla soy milk
- 1/2 cup ruby-red grapefruit juice
- 1 cup ripe honeydew chunks
- 2 tbsp wheat germ
- Honey (to taste)

236 calories, 3.6 g fat (13.7 percent of calories), 4 g fiber, 8.6 g protein, 46 g carbohydrates

Artery Aid

The ground flaxseed in this mix attacks bad (LDL) cholesterol with fiber (6 grams per 1/4 cup) and lots of omega-3 fatty acids. Every gram or two of soluble fiber you eat each day lowers your LDL by about 1 percent, and omega-3's lower heart-attack risk by more than 50 percent.



ISTOCKPHOTO

(Ground flaxseed is sold in health-food stores and some supermarkets.) This shake will also supply nearly half your RDA of potassium, which helps prevent high blood pressure.

BLEND:

- 8 oz. low-fat vanilla yogurt
- 2 tbsp ground flaxseed
- 1 cup sliced fresh or frozen peaches
- Honey (to taste)

407 calories, 10.8 g fat (23.9 percent of calories), 6.8 g fiber, 16.6 g protein, 65 g carbohydrates

Endurance Shake

When the finish line is 10 kilometers away, you need to draw on more carbohydrates than your morning bowl of Froot Loops provided. You also need protein and fat. In a recent study, cyclists who drank a prerace beverage consisting of four parts carbohydrates and one part protein cycled 66 percent farther

than when they quaffed an all-carbohydrate sports drink. And when researchers added a little extra fat to runners' diets, they lasted 23 percent longer on endurance runs than they did on a low-fat diet.

FILL IT UP:

- 1 banana, sliced
- 1/2 cup orange juice
- 8 oz. low-fat vanilla yogurt
- 4 oz. crushed pineapple
- 2 tbsp peanut butter

644 calories, 21.3 g fat (29.7 percent of calories), 6 g fiber, 22.4 g protein, 98.9 g carbohydrates

Brain Builder

You could down a cup of coffee to jump-start your brain. But caffeine depletes your stores of B vitamins, the very nutrients you need to keep your mind sharp. Instead, feed your head with this recipe. Not only does it provide those badly needed B's,

but it also delivers a shot of protein to help produce the wake-up chemicals dopamine and norepinephrine. The milk in the mix contains choline to help fire up your memory. Along with the vitamin C in the fruit and OJ, choline can also help prevent the mental deterioration associated with Alzheimer's and Parkinson's.

INGREDIENTS:

BETTER BLEND

→ Power outage? No problem. The GSI Vortex Blender (\$80, Gsioutdoors.com) boasts a two-speed hand crank and a nearly indestructible Lexan pitcher, so you can churn out smoothies (or margaritas) anywhere — even at tailgates and camping sites. Sans ice, it can also be used to whip up sauces, soups, dips and salad dressing. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

- 1 cup skim milk
- 2 tbsp frozen orange-juice concentrate
- 1 cup strawberries
- 1 kiwifruit

222 calories, 1.4 g fat (5.7 percent of calories), 6.7 g fiber, 10.7 g protein, 44.5 g carbohydrates

Hangover Helper

Use this liquid meal to fight alcohol-induced dehydration. It's loaded with vitamin C to help combat binge-related cell damage, and the fructose in the fruit juices helps speed the metabolism of liquor. Upset stomach? The ginger in ginger ale will help quell the motion sickness caused by your spinning bedroom. And some experts say the acidophilus bacteria in the yogurt may get your gut back in chemical balance.

BLENDERIZE THIS:

- 1 cup tangerine/orange blended juice
- 1 tbsp lime juice
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup Canada Dry ginger ale (or any other ginger ale that contains real ginger)
- Sprig of mint

246 calories, 2.3 g fat (8.4 percent of calories), 0 g fiber, 4.6 g protein, 53.7 g carbohydrates (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE ©

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Hair Apparent

Guarantee a good cut and style by following these 6 salon suggestions

Find Mr. (or Ms.) Right.

If you see a hairstyle you like — whether it's a friend's blunt cut or a layered 'do on a total stranger — ask who created it. When you call for an appointment, ask whether a stylist on staff specializes in your hair type. Some cutters are pros with curls, and others are best at turning thin, baby-fine strands into lions' manes. Another trick: Seek out a stylist whose hair type is the same as yours. She'll be able to relate.

Case the joint.

Before you lock down an appointment, visit the salon to check out the vibe. Is it too chaotic (or low-

key) for your taste? Are women leaving with Victoria Beckham cuts? Winehouse beehives? Overly shellacked beauty-pageant hair? If you don't like what you see, walk out — quickly.

Schedule smart.

An early appointment is always best. Sure, a good stylist should always be on top of her game, but wouldn't you be less fresh if you'd just spent seven hours on your feet? And ask how far apart appointments are spaced, says stylist Kevin Mancuso, creative director of Nexxus Salon Hair Care. Look for a salon that schedules clients at least 30 minutes apart — rather than stacked up like a clipping assembly line every 15 minutes.

Have 'the talk.'

Any stylist worth her weight in mousse will do a consult to find



out your vision before picking up the shears. And by all means, bring a photo of a hairstyle you like. "A picture is easy to translate," says Antonio Prieto, owner of New York's Antonio Prieto Salon. "Your vision of layers may be different from mine. A picture can clear that up."

Stare and share.

Sure, Shiloh is cute, but if your eyes are glued to that glossy instead of what's going on in the mirror, you could be in for a nasty surprise. Watch the cut as it progresses, and if you're unhappy at any point — even with the first snip — speak up!

Ask for a redo.

"There's nothing wrong with going back to your stylist if you decide after a few days that you hate the cut," says stylist George Ortiz. "In fact, most salons will fix the problem for free." Just be prepared to articulate exactly what you don't like. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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A photograph of a woman's legs from the knee down, wearing a white, frayed-hem dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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STETHOSCOPE

ALCOHOL

Binge at the Ballpark

■ Acting drunk is just about one of the trickiest roles for a thespian, but four were up for the challenge of participating in a University of Minnesota School of Public Health study. The goal: Find out whether American sports stadiums would sell booze to people who already appeared to be totally sloshed. The findings—that, indeed, three-fourths of the time, the fake drunks were able to procure more booze—will be published in the November issue of *Alcoholism: Clinical & Experimental Research*.



SPORTS

'Rah, Rah, Oh, @\$%&'

■ In the afterglow of the Olympics, we're all feeling like cheerleaders. But let's be thankful we're not being literal—a new study by researchers at the University of North Carolina at Chapel Hill found that two-thirds of catastrophic injuries among female high school and college athletes can be blamed on all of those perky pyramids and dangerous acrobatic stunts.

SEXUALITY

Odor and Ardor

■ Before you try to persuade your girlfriend to go on the pill, consider this new British research that indicates birth control pills may alter what odors she finds sexually desirable. While most people are drawn to those with dissimilar genes, women on birth-control pills tend to get hot and bothered by a whiff of genetically similar men. Amazingly, this University of Liverpool study involved having women smell T-shirts that men had worn overnight and then asking questions like, "Based on this smell, how much would you like this man as a long-term partner?"

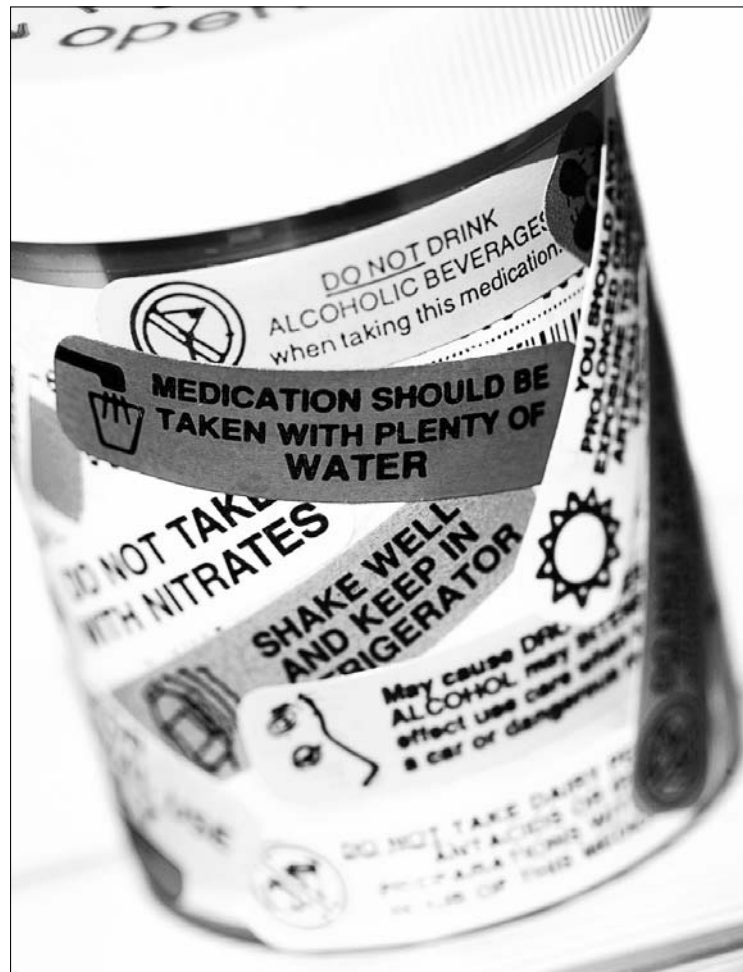
Read the Message on a Bottle

Let us translate prescription drug labels so you can understand pills

Labels are supposed to be easy to understand. Dry clean only: no mystery there. Yield to pedestrians: okeydokey. But some—like your local pharmacy's prescription-bottle stickers—seem designed to mess with your mind. A survey in the *Annals of Internal Medicine* found that almost half of the participants misunderstood drug warning labels, and most ignored the directions altogether. Some stores, including Target and CVS, have recently made their stick-ons easier to understand, but there's still no industry standard for wording. So, we asked the experts to decode some common instructions:

Take with food or milk

Like a rambunctious 5-year-old, some meds behave better after snacks. "Fat and protein prevent a drug from coming in contact with the stomach lining, where it can cause irritation," says Bethanne Brown, clinical assistant professor of pharmacy practice at the University of Cincinnati. On the other hand, if a label says to take the medicine on an empty stomach, then nutrients in food could prevent the drug from being absorbed properly. Vitamins can interfere, too, so allow at least two to three hours between popping a pill and downing your Flintstones multi.

Do not chew or crush

You can add "do not split in half with a butter knife," too. "Some drugs are designed to be absorbed in the small intestine, so they're coated with a substance that lets them pass through the stomach quickly," Brown says. Other pills pack multiple doses that are released slowly throughout the day. Tamper with your tablet and you could get a whopping amount all at once. A rule of thumb: Pills are safe to cut only if they're scored, and even then,

check with your pharmacist and use a pill splitter (find one at Drugstore.com or Amazon.com).

Avoid exposure to sunlight

Unless, à la Diddy, you have an umbrella-wielding valet, this may be tempting to ignore. But if you do, you might wish you hadn't. About 10 percent of the population becomes so sensitive to light after taking certain drugs, including

some oral contraceptives, that as little as 10 minutes in the sun can trigger a severe burn or a hot, itchy rash. A high-SPF sunscreen like Fallene Total Block SPF 65 (\$24, Drugstore.com) offers some protection, but if you're planning to hit

“Alcohol may heighten any side effect of the drug.”

the beach or the trail, ask your doctor to lower your dosage or switch you to another drug, says Noah Scheinfeld, assistant clinical professor of dermatology at Columbia University.

Limit alcoholic beverages

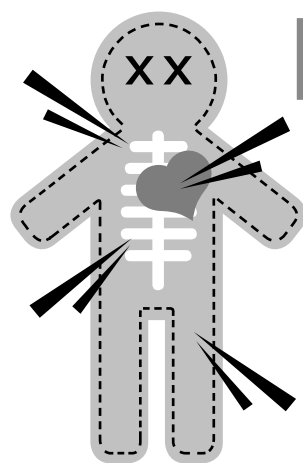
Think mixing meds with margaritas will just get you drunk faster? Not exactly. "Alcohol may heighten any side effect of the drug, including drowsiness or upset stomach," says Darrell Hulisz, associate professor of family medicine at Case Western Reserve University in Cleveland.

If you'd rather not wake up groggy in the back of a cab, "cut your usual drinking in half, especially during the first week, when side effects tend to be worse," he says. But if a sticker warns, do not drink alcoholic beverages, don't sneak even a sip. The drug will prevent your liver from processing alcohol, so your next girls' night out could be spent worshipping the porcelain throne.

Take with plenty of water

While you might be able to get a pill down with just a sip or, hell, even some saliva, extra fluid (at least eight ounces) ensures that it flows all the way into the stomach. "Some drugs are so irritating to the esophagus that, if they get lodged there, they can actually burn a hole in the tissue," Brown says. And don't lie down after swallowing—ideally, for an hour or two. Reclining can make the medicine come back up.

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hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you developing white patches on your skin? Is your hair going gray early? Are you younger than 40? You may have **VITILIGO**, caused when melanocytes, the cells that give skin its color, die in large swathes. It can even change the color of one's eyes, or affect the inside of the nose and mouth. The cause is not known for certain, but it may be an autoimmune disorder (one in which the body attacks itself). Others think it's set off by sunburn or stress; there may also be a genetic component. The most extreme treatment involves skin grafts using unaffected areas of the patient's own skin. Other methods of camouflaging the spots include tattoos, makeup and steroid creams. SOURCE: NIAMS.NIH.GOV, MERCK MANUAL

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